

Group Exercise

7/1/2025 through 7/31/2025

In Person Classes

Schedule runs
July 1st to July 31st
and is subject to change.

Registration for all
classes start-
June 20th

Registration required for
all classes. The cost is
\$3.00 per class except
Silver Sneaker Classes or
otherwise indicated.
Class size limited.

**GREEN indicates
New Time/
New Class**

Classes are in the Program
Studio unless otherwise noted:

(GM) = Gym
(WC) = Wellness Center
(SR) = Springer Room
(CR) = Cycling Room
(RC) = Racquetball Court
(PAV) = Pavilion

Get Fit Hiking
is at a different
location each week.
\$3.00 Members/
\$10 Nonmembers

**MUST bring your own
mat for Yoga and
Pilates.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00-8:45AM Strength & Conditioning Lyndsay	9:30-10:30am Get Fit Hiking (Different Locations each week)	8:00-8:45AM Total Body Circuit (GM) Lyndsay		9:00-9:45am Cardio Fit Janie 10:00-10:45 Zumba Janie 11:00- 11:45am Tai -Chi Jenny	8:30- 9:30am Self Defense Tony 9:30-10:15am Cycling (CR) Sonja
	8:30-9:15AM Silver Sneakers Classic (GM) Sue/Kathleen 9:30-10:15AM Silver Sneakers Classic (GM) Sue		9:30-10:15AM Silver Sneakers Classic (GM) Lisa	8:30-9:15AM Silver Sneakers Yoga (GM) Sharon 9:30-10:15AM Silver Sneakers Circuit (GM) Lisa	8:30-9:15AM Silver Sneakers Classic (GM) Sue 9:30-10:15AM Silver Sneakers Classic (GM) Jenny	
	6:00-6:45 PM Strength & Conditioning Dianna 7:00-7:45pm Yoga Amy			6:00-6:45pm TRX Dianna		