



November 2024

| Day       | Time                | Class                                    | Location                              |
|-----------|---------------------|--|---------------------------------------|
| Monday    | 7:30 a.m.           | Power Vinyasa Yoga                       | Studio A                              |
|           | 8:30 a.m.           | BODYPUMP                                 | Studio B                              |
|           | 9:00 a.m.           | Aqua Aerobics                            | Pool                                  |
|           | 9:30 a.m.           | Les Mills CORE                           | Studio B                              |
|           | 9:30 a.m.           | RPM                                      | BBC or Out – <i>reg. req.</i>         |
|           | 10:00 a.m.          | Aqua Movement & Stretch                  | Pool                                  |
|           | 10:30 a.m.          | Exercise is Medicine Muscle Conditioning | Studio B -60 MIN- <i>New time!</i>    |
|           | 11:00 a.m.          | Yoga Sculpt                              | Studio A –                            |
|           | 1:00 p.m.           | Deep Water Jogging                       | Pool                                  |
|           | 1:00 p.m.           | Exercise is Medicine Muscle Conditioning | Studio A                              |
|           | 12:15 p.m.          | BODYPUMP                                 | Studio B                              |
|           | 4:30 p.m.           | BODYBALANCE                              | Studio B                              |
|           | 5:30 p.m.           | RPM                                      | BBC – <i>reg. req.</i>                |
|           | 5:30 p.m.           | TONE                                     | Studio B                              |
| 6:00 p.m. | Dance Fitness       | Studio A                                 |                                       |
| 6:30 p.m. | Aqua Fitness        | Pool                                     |                                       |
| Tuesday   | 5:30 a.m.           | BODYPUMP                                 | Studio B                              |
|           | 8:30 a.m.           | BODYSTEP                                 | Studio B                              |
|           | 8:30 a.m.           | Yoga – Beg./Int.                         | Studio A                              |
|           | 9:00 a.m.           | Aqua Aerobics                            | Pool                                  |
|           | 9:30 a.m.           | Cardio Burn                              | Studio B                              |
|           | 9:30 a.m.           | Dance Fitness                            | BBC                                   |
|           | 10:00 a.m.          | Deep Water Jogging                       | Pool                                  |
|           | 10:30 a.m.          | Exercise Is Medicine Cycle/RPM           | BBC or OUT                            |
|           | 11:00 a.m.          | Power Vinyasa Yoga                       | Studio A –                            |
|           | 1:00 p.m.           | Exercise is Medicine Muscle Conditioning | Studio A                              |
|           | 4:45 p.m.           | Les Mills BODYCOMBAT                     | Studio B – 30 MIN                     |
|           | 5:15 p.m.           | Pilates Barre                            | Studio A                              |
| 5:30 p.m. | BODYPUMP            | Studio B – 60 MIN                        |                                       |
| 5:30 p.m. | Cardio Burn         | BBC or Out                               |                                       |
| 6:00 p.m. | BODYBALANCE Stretch | Studio A – 30 min                        |                                       |
| Wednesday | 7:30 a.m.           | Power Vinyasa Yoga                       | Studio A                              |
|           | 8:30 a.m.           | BODYPUMP                                 | Studio B                              |
|           | 8:30 a.m.           | Yoga Sweat                               | Studio A                              |
|           | 9:30 a.m.           | Slow & Stretchy Yoga                     | Studio A –                            |
|           | 9:00 a.m.           | Aqua Aerobics                            | Pool                                  |
|           | 9:30 a.m.           | RPM                                      | BBC or Out – <i>reg. req.</i>         |
|           | 9:30 a.m.           | Muscle + More                            | Studio B                              |
|           | 10:00 a.m.          | Aqua Tone                                | Pool                                  |
|           | 10:30 a.m.          | Exercise is Medicine DANCE               | Studio B                              |
|           | 11:30 a.m.          | Holiday De-Stress Meditation             | Studio A – 30 MIN – <i>NEW CLASS!</i> |
|           | 1:00 p.m.           | Deep Water Jogging                       | Pool                                  |
|           | 1:00 p.m.           | Exercise is Medicine                     | Studio B                              |
|           | 4:30 p.m.           | TONE                                     | Studio B                              |
|           | 5:30 p.m.           | Dance Fitness                            | Studio A                              |
| 5:30 p.m. | Boot Camp           | Studio B                                 |                                       |
| 6:00 p.m. | SPRINT              | BBC <i>reg. req. NEW TIME!</i>           |                                       |



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| Day             | Time        | Class                               | Location   |
|-----------------|-------------|-------------------------------------|--|
| <b>Thursday</b> | 5:30 a.m.   | RPM                                 | Studio A – <i>reg. req.</i>                      |
|                 | 8:30 a.m.   | BODYSTEP express with BODYPUMP arms | Studio B – 50 -min                               |
|                 | 8:30 a.m.   | BODYBALANCE                         | Studio A – 45 min – <i>NEW CLASS!</i>            |
|                 | 9:00 a.m.   | Aqua Aerobics                       | Pool   |
|                 | 9:30 a.m.   | TONE                                | Studio B   |
|                 | 9:30 a.m.   | Cardio Burn                         | BBC  |
|                 | 9:30 a.m.   | Pilates                             | Studio A   |
|                 | 10:00 a.m.  | Deep Water Jogging                  | Pool   |
|                 | 10:30 a.m.  | Exercise is Medicine                | Studio A   |
|                 | 10:30 a.m.  | Dance Fitness                       | Studio B   |
|                 | 12:00 p.m.  | Gentle Yoga Flow                    | Studio A   |
|                 | 1:00 p.m.   | Exercise is Medicine Qigong         | Studio A   |
|                 | 4:30 p.m.   | BODYPUMP                            | Studio B   |
|                 | 5:30 p.m.   | BODYBALANCE                         | Studio B – 60 MIN                                |
|                 | 5:30 p.m.   | SPRINT                              | Studio A or Out – <i>reg. req. Class change!</i> |
| 5:30 p.m.       | Cardio Burn | Out or BBC                          |  |
| <b>Friday</b>   | 5:30a.m.    | BODYPUMP                            | Studio B – <i>NEW CLASS!</i>                     |
|                 | 7:30 a.m.   | Power Vinyasa Yoga                  | Studio A –                                       |
|                 | 8:30 a.m.   | Gentle Yoga Flow                    | Studio A   |
|                 | 8:30 a.m.   | BODYBALANCE                         | Studio B   |
|                 | 9:00 a.m.   | Aqua Aerobics                       | Pool   |
|                 | 9:30 a.m.   | Pilates Fundamentals                | Studio A   |
|                 | 9:30 a.m.   | RPM                                 | BBC or Out – <i>reg. req.</i>                    |
|                 | 10:00 a.m.  | Aqua Movement & Stretch             | Pool   |
|                 | 10:30 a.m.  | Exercise is Medicine                | Studio B   |
|                 | 11:30 a.m.  | Exercise is Medicine Cycle          | Studio A or OUT                                  |
|                 | 12:15 p.m.  | BODYPUMP                            | Studio B   |
|                 | 1:00 p.m.   | Deep Water Jog                      | Pool   |
| <b>Saturday</b> | 7:45 a.m.   | CORE                                | Studio B   |
|                 | 8:30 a.m.   | SPRINT                              | Out or BBC – <i>reg. req.</i>                    |
|                 | 9:00 a.m.   | BODYPUMP                            | Studio B   |
|                 | 9:00 a.m.   | Aqua Aerobics                       | Pool   |
|                 | 9:00 a.m.   | Yoga Sculpt with Weights            | Studio A   |
|                 | 9:30 a.m.   | Cardio Burn                         | BBC or Out                                       |
|                 | 10:00 a.m.  | BODYBALANCE                         | Studio B – 60 MIN                                |
| <b>Sunday</b>   | 1:00 p.m.   | Aqua Aerobics                       | Pool   |
|                 | 3:30 p.m.   | BODYBALANCE                         | Studio B – 60 MIN                                |

**Studio Locations:**

A – Hardwood floor; B – large room downstairs; BBC – basketball court; FTR – functional training room; Out – front patio

**Special Events:** Facility closed on Thanksgiving Day. Modified Schedule Friday 11/29.