



GROUP FITNESS CLASSES

Updated September 1, 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15-6:00 am Cycling (S3) 5:30 - 6:15 am TRX*** (S1) 6:15-7:00 am Reformer I* (S4)	5:30-6:15 am Strength 45 (S1)	5:15-6:00 am Cycling (S3) 5:15-6:00 am H2O Interval (LP) 5:30-6:15 am Boot Camp (S1)	5:30-6:15 am Strength 45 (S1)	5:15-6:00 am Cycling (S3) 5:30-6:15 am Boot Camp (S1)	
8:00-8:45 am Cycling (S3)	7:00-7:45 am H2O Interval (LP) 8:15-9:00 am TRX *** Intervals (S1) 8:30-9:30 am H2O Interval 60 (LP) 8:45-9:15 am Cycling 30! (S3)	8:00-9:00 am Tai Chi+ (G) 8:00-8:45 am Aqua 4 Energy (LP) 8:30-9:30 am Yoga I-II (MR)	7:00-7:45 am H2O Interval (LP) 8:30-9:30 am H2O Interval 60 (LP)	8:00-9:00 am Tai Chi+ (G) 8:00-8:45 am Aqua 4 Energy (LP) 8:30-9:30 am Yoga I-II (MR)	7:00-7:45 am H2O Interval (LP) 8:15-9:00 am TRX*** (S1) 8:45-9:15 am Cycle 30!	7:30-8:15 am Boot Camp (G) 8:00-9:00 am Cycle 60 (S3) 8:30-9:15 am Strength 45 (S1)
	9:00-9:45 am Gentle Yoga (MR) 9:15-10:00 am Body Sculpt (S1) 9:30-10:15 am Cycling (S3) 9:45-10:30 am H2O Strength (LP)	9:00-9:45 am H2O Strength (LP) 9:00-9:50 am Reformer II* (S4) 9:15-10:00 am Dance Blast+ (S1) 9:30-10:30 am Tai Chi (G) 9:30-10:15 am Cycling (S3)	9:00-10:00 am Restorative Yin Yoga (MR) 9:15-10:00 am Body Sculpt (S1) 9:30-10:15 am Cycle 30! & Stretch (S3) 9:45-10:30 am H2O Strength (LP)	9:00-9:45 am H2O Strength (LP) 9:00-9:50 am Reformer II* (S4) 9:15-10:00 am Dance Blast+ (S1) 9:30-10:30 am Tai Chi (G) 9:30-10:15 am Cycling (S3)	9:15-10:15 am Chair Yoga (MR) 9:15-10:00 am Body Sculpt (S1) 9:30-10:15 am Cycling (S3) 9:30-10:15 am H2O Interval (LP)	9:00-10:00 am Yoga I (MR) 9:00-10:30 am ProActive Kids* (S2) 9:30-10:15 am Dance Blast (S1) 9:30-10:15 am H2O Interval (LP)
	10:00-11:00 am Yoga I-II** (MR) 10:00-10:45 am Chair Yoga & Stretch (S2) 10:15-11:00 am Young@Heart (G) 10:15-11:00 am Dance Blast (S1)	10:00-10:45 am H2O Strength (LP) 10:15-11:00 am Complete Core (S1) 10:30-11:15 am Gentle Yoga (MR)	10:15-11:00 am Young@Heart (G) 10:15-11:00 am Dance Blast (S1) 10:15-11:15 am Restorative Yin Yoga (MR)	10:00-10:45 am H2O Strength (LP) 10:15-11:00 am Complete Core (S1)	10:15-11:00 am Young@Heart (G) 10:15-11:00 am Dance Blast (S1) 10:30-11:30 am Yoga I-II (MR)	10:30-11:30 am Yoga II-III (MR)
* Additional fee and/or registration required. ** Zoom option available. *** TRX Basics required. Classes and instructors subject to change.						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:00-1:45 pm Dance Blast (S1) 2:30-3:15 pm Mat Pilates (S1) 3:30-4:30 pm Yoga I-II (MR)	11:15 a-12:00 pm Seated Dance Blast (S1) 11:15 a-12:00 pm Stretch & Core (MR) 11:30 a-12:15 pm Aqua 4 Energy (LP) 12:15-1:00 pm Water 4 Life (AT) 12:30-1:20 pm Reformer I* (S4)	11:00-11:50 am Reformer II* (S4) 12:15-1:00 pm Hydro Core (AT) 1:00-1:30 pm Parkinson's BIG Grad (MR) 2:00-3:00 pm AAIM* (FWG)	11:00-11:50 am Reformer I* (S4) 11:15 a-12:00 pm Seated & Strong (S1) 11:30 a-12:15 pm Aqua 4 Energy (LP) 12:00-12:45 pm Yoga II** (MR) 12:15-1:00 pm Water 4 Life (AT) 12:30-1:20 pm Reformer I* (S4)	11:00-11:50 am Reformer I* (S4) 12:15-1:00 pm Hydro Core (AT) 12:30-1:20 pm Reformer I* (S4) 1:00-1:30 pm Parkinson's BIG Grad (MR) 2:00-3:00 pm AAIM* (FWG)	11:15 a-12:00 pm Seated & Strong (S1)	
	5:00-5:45 pm Gentle Yoga (MR) 5:30-6:30 pm Hydro Interval 60 (AT) 5:30-6:15 pm H.I.I.T. (S1) 6:00-7:00 pm Yoga II-III (MR) 6:30-7:15 pm Strength 45 (S1)	4:30-5:30 pm Yoga I-II (MR) 5:30-6:15 pm H.I.I.T. (S1) 6:00-7:00 pm Yoga II-III (MR) 6:30-7:15 pm Zumba** (S1)	5:30-6:15 pm Mat Pilates (MR) 5:30-6:15 pm TRX Intervals Intervals (S1) 6:30-7:30 pm Restorative Yin Yoga (MR)	4:30-5:30 pm Yoga I-II (MR) 5:30-6:15 pm Total Body Fusion (S1) 5:30-6:30 pm Hydro Interval 60 (AT) 6:15-7:00 pm Stretch & Core (S2)		
* Additional fee and/or registration required. ** Zoom option available. *** TRX Basics required. Classes and instructors subject to change.						

Locations: AT = Aqua Track LP = Lap Pool FWG = Far West Gym G = Gym MR = Meditation Room
 S1, S2, S3, S4 = Studio 1, 2, 3 (second level) & Studio 4 (first level)

- Class Participation: Register through the Member Portal or in each location's notebook.
- Class Descriptions: Located on the Member Portal, the Club's website and at the front desk. Classes and instructors are subject to change. Consult with the Instructor or Fitness Manager for more information.
- Studio Space: When not in use, rooms are available for independent usage. Sound systems are for staff use only.
- Safety: Water shoes are required to be worn for all aquatic group fitness classes and for personal workouts in the Aqua Track.