MADONNA REHABILITATION
Wellness Club

GROUP FITNESS CLASSES

Updated November 1, 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15-6:00 am Cycling (S3) 5:30 - 6:15 am TRX + Stretch*** (S1)	5:30-6:15 am Strength 45 (S1)	5:15-6:00 am Cycling (S3) 5:15-6:00 am H_2O Interval (LP) 5:30-6:15 am Boot Camp (S1)	5:30-6:15 am Stretch, Core & Balance (S1)	5:15-6:00 am Cycling (S3) 5:30-6:15 am Boot Camp (G) TRX***(S1) 7:15-8:00 am	
8:00-8:45 am Cycling (S3)	7:00-7:45 am H_2O Interval (LP) 8:15-9:00 am TRX*** Intervals (S1) 8:30-9:30 am H_2O Interval 60 (LP) 8:45-9:15 am Cycling 30! (S3)	8:00-8:30 am Post Covid & Chronic Conditions* (Virtual) 8:15-9:00 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 H_2O Interval (LP) 8:30-9:30 am H_2O Interval 60 (LP) 8:45-9:15 am Cycle 30! (S3) 9:00-9:50 am Reformer* (S4)	8:15-9:00 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 H_2O Interval (LP) 8:15-9:00 am TRX*** (S1)	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 H_2O Strength (LP)	9:00-9:45 am H_2O Strength (LP) 9:00-9:50 am Reformer II* (S4) 9:15-10:00 am Dance Blast+ (S1) 9:30-10:15 am Tai Chi (G) 9:30-10:15 am Cycling (S3)	9:00-10:00 am Restorative Yoga (MR) 9:15-10:00 am Body Sculpt (S1) 9:30-10:15 am Cycle 30! & Stretch (S3) 9:45-10:30 am H_2O Strength (LP)	9:00-9:45 am H_2O Strength (LP) 9:00-9:50 am Reformer II* (S4) 9:15-10:00 am Dance Blast+ (S1) 9:30-10:15 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 H_2O 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 H_2O 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 H_2O Strength (LP) 10:15-11:00 am Complete Core (S1) 10:30-11:30 am Yoga I** (MR)	10:15-11:00 am Mat Pilates (S2) 10:15-11:00 am Young@Heart (G) 10:15-11:00 am Dance Blast (S1) 10:15-11:15 am Restorative Yoga** (MR)	10:00-10:45 am H_2O 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.*
*** Virtual 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) 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 - 11:30 am Post Covid & Chronic Conditions* (Virtual) 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)	12:15-1:00 pm Hydro Core (AT) 12:30-1:20 pm Reformer I-II* (S4) 1:00-1:30 pm Parkinson's BIG Grad (MR) 2:00-3:00 pm AAIM* (FWG) 4:00-4:30 pm Post Covid & Chronic Conditions* (Virtual)	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 Barre Pilates (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) 6:00-6:30 pm Cycle 30! (S3) 6:30-7:15 pm Zumba** (S1)	4:30 - 5:15 pm Strength 45 (S1) 5:30-6:15 pm Mat Pilates** (MR) 5:30-6:15 pm Zumba (S1) 6:30-7:30 pm Restorative Yoga (MR)	4:30-5:15 pm Barre Pilates (S1) 4:30-5:30 pm Yoga I-II (MR) 5:30-6:15 pm Cardio & Stretch (S1) 5:30-6:30 pm Hydro Interval 60 (AT) 6:15-7:00 pm Stretch & Core (S2) 6:30-7:15 pm Gentle Yoga (MR)	** Additional fee and/or registration required.* *** Virtual 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.