

SPRING / SUMMER - CLASS SCHEDULE



SIGN UP FOR CLASSES ON  StudioBookings

Monday

5:45-6:45 am: 20/20/20 - *Cindy*

8:00-9:00 am: Zumba - *Jen*

8:30-9:15 am: Group Cycle - *Tina*

9:30-10:15 am: Use It Or Lose It - *Karen*

5:30-6:30 pm: Yoga - *Ko*

Tuesday

5:45-6:30 am: Group Cycle - *Ann*

5:30-6:15 pm: Group Cycle - *Ann/Karen*

8:00-9:00 am: Tuesday Mix-Up - *Cindy*

1st Tuesday - Aerobics & Strength | 2nd Tuesday - Step Interval

3rd Tuesday - Aerobics & Strength | 4th Tuesday - 20/20/20

Wednesday

7:00-7:45 am: Strength & Stretch - *Cindy*

8:00-9:00 am: Barre & Pilates - *Jen*

8:30-9:15 am: Group Cycle - *Liz*

9:30-10:15 am: Use It or Lose It - *Tina*

5:30-6:30 pm: Serenity Stretch - *Karen*

Thursday

5:45-6:30 am: Group Cycle - *Tina*

8:00-9:00 am: Yoga Flow - *Heather*

5:30-6:15 pm: Group Cycle - *Ann/Karen*

Friday

5:45-6:30 am: Straight Up Strength - *Kim*

8:30-9:15 am: Group Cycle - *Karen*

8:00-9:00 am: Strength & Core - *Tina*

Saturday

8:15-9:15 am - Zumba - *Cindy*

9:30-10:30 am - Yoga - *Ko*

Class Premium Members

Access to all classes as part of membership.

Gym-Only Members

May take a class for \$10/class.