



Monday

MORNING	Start	Time	Room	Led By
Cycle	5:30	55 min	Cycle	Matt
Water Aerobics	8:00	45 min	Pool	Gyptsie
Total Strength Plus	8:30	55 min	GX	Miriam
Active Older Adult	9:00	45 min	COM	Gyptsie
Zumba	10:00	55 min	GX	Gyptsie
Strength & Stretching	11:00	55 min	GX	PJ
AFTERNOON	Start	Time	Room	Led By
Les Mills BodyPump	4:30	55 min	GX	Courtney
Les Mills CORE/Cardio	5:30	55 min	GX	John Mark
Cycle	5:30	55 min	Cycle	Dhaya

Tuesday

MORNING	Start	Time	Room	Led By
Les Mills BodyPump	5:30	55 min	GX	John Mark
Cycle	5:30	55 min	Cycle	Sarah
Water Aerobics	8:00	45 min	Pool	Gyptsie
Soul Line Dancing	8:30	55 min	GX	Volunteer
Active Older Adults	9:00	45 min	COM	Summer
Floor Fusion	10:00	55 min	COM	Summer
AFTERNOON	Start	Time	Room	Led By
Pilates	4:30	55 min	GX	Mary
Kettlebell	5:30	55 min	GX	Cindy
Cycle	6:15	55 min	Cycle	Anna
Zumba Strong	6:45	55 min	GX	Gyptsie
Pickleball	5:00	2.5 hrs	Gym	**

Wednesday

MORNING	Start	Time	Room	Led By
Les Mills RPM	5:30	55 min	Cycle	Rachael
Water Aerobics	8:00	45 min	Pool	Gyptsie
Active Older Adults	9:00	45 min	COM	Gyptsie
Zumba	10:00	55 min	GX	Gyptsie
Strength & Stretching	11:00	55 min	GX	PJ

Wednesday, con't

AFTERNOON	Start	Time	Room	Led By
Les Mills BodyPump	4:30	55 min	GX	Courtney
Cycle	5:30	55 min	Cycle	Miriam
Step and Sculpt	5:30	55 min	GX	PJ

Thursday

MORNING	Start	Time	Room	Led By
Les Mills BodyPump	5:30	55 min	GX	John Mark
Cycle	5:30	55 min	Cycle	Sarah
Water Aerobics	8:00	45 min	Pool	Gyptsie
Active Older Adults	9:00	45 min	COM	Summer
Floor Fusion	10:00	55 min	COM	Summer
AFTERNOON	Start	Time	Room	Led By
Kettlebell	4:30	55 min	GX	Cindy
Pickleball	5:00	2.5 hrs	Gym	**
Total Strength	5:30	55 min	GX	Muhammad
Cycle	6:15	55 min	Cycle	Madison

Friday

MORNING	Start	Time	Room	Led By
Les Mills RPM	5:30	55 min	Cycle	Rachel
Soul Line Dancing	7:00	55 min	GX	Volunteer
Water Aerobics	8:00	45 min	Pool	Gyptsie
Les Mills CORE/Cardio	8:30	55 min	GX	John Mark
Active Older Adults	9:00	45 min	COM	Gyptsie
Zumba	10:00	55 min	GX	Gyptsie

Saturday

MORNING	Start	Time	Room	Led By
Les Mills RPM	8:30	55 min	Cycle	Rachael
Les Mills BodyPump	9:30	55 min	GX	John Mark
Pickleball	10:00	4 hrs	Gym	**
Strong by Zumba	10:30	55 min	GX	Gyptsie
Yoga	11:30	55 min	GX	Gyptsie

Sculpt your entire body and improve your posture with Pilates!

Join Mary's Pilates class at 4:30 pm on Tuesdays and experience a workout that strengthens and tones your whole body, with a focus on your core. Pilates is perfect for all fitness levels!

