



Group X classes are our group exercise classes. Pricing for these classes is simple:

- \$75 take as many classes as you like for 3 months
- \$40 “punch pass” for 15 classes
- \$4 drop in fee to take one class.

Senior discounts will be applied for anyone over the age of fifty. Check-in for classes at our front desk to get your class pass.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|
| Stretch Yoga 8:00 - 9:00a Carol | Circuit Training with TRX 9:15 - 10:15a Lindsay | Stretch Yoga 8:00 - 9:00a Carol | Circuit Training with TRX 9:15 - 10:15a Lindsay | Stretch Yoga 8:00 - 9:00a Carol | Extra, Extra 9:00 - 10:30a Diane |
| Water Trim 9:15 - 10:15a Carol | Senior Dance Fitness 10:45 - 11:45a Kay Lynn | Water Trim 9:15 - 10:15a Carol | Senior Dance Fitness 10:45 - 11:45a Kay Lynn | Water Trim 9:15 - 10:15a Carol | Sunday Box and Burn 2:00 - 3:00p George |
| Total Body 9:15 - 10:30a Minok | Spin 12:00 - 1:00p Minok | Total Body 9:15 - 10:30a Minok | Spin 12:00 - 1:00p Minok | Total Body 9:15 - 10:30a Malin | |
| Senior Balance 10:30 - 11:30a Minok | Yoga Flow 6:00 - 7:00p Zan | Choga Flow 11:00a - 12:15p Valerie | Yoga Flow 6:00 - 7:00p Zan | Circuit Training with TRX 12:00 - 1:00p Lindsay | |
| Circuit Training with TRX 12:00 - 1:00p Lindsay | Ab Sculpting Class 6:00 - 7:00p Sandra | Circuit Training with TRX 12:00 - 1:00p Lindsay | Circuit Training with TRX 6:30 - 7:30p Lindsay | Ab Sculpting Class 6:00p - 7:00p Sandra | |
| Box and Burn 5:15 - 6:15p George | Cardio Dance 7:00 - 8:00p Jessica | No Excuses 6:00 - 7:00p Gail | | | |
| No Excuses 6:00 - 7:00p Gail | | Total Body 7:00 - 8:00p Malin | | | |
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| Class Location |
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| Aerobics Studio (second floor) |
| Free Zone #2 (first floor) |
| Indoor Pool |
| Basketball Gym |