Winter 2024 Classes

Group Exercise

Updated: February 5th, 2024

MON

Masters
6:00 am John

Pilates
9:00 am
Elaine

Aqua Aerobics
9:00 am
Carol

Aqua Aerobics
10:00 am
Carol

Aqua Therapy
11:00 am
Carol

TUE

Bootcamp
6:00 am
Neil

Masters
6:00 am John

Masters
9:00 am
Jamie

WED

Masters
6:00 am
Katie

Strength
7:15 am
Kayla

Aqua Aerobics
9:00 am
Carol

Aqua Aerobics
10:00 am
Carol

Aqua Therapy
11:00 am
Carol

Weights **5:30 pm** Neil

THU

Bootcamp
6:00 am
Neil

Masters
6:00 am John

Masters
9:00 am
Jamie

Tai Chi **9:45 am** Josh

FRI

Masters
6:00 am John

Core
7:00 am
Kayla

Aqua Aerobics
9:00 am
Carol

Aqua Aerobics
10:00 am
Carol

Aqua Therapy
11:00 am
Carol

SAT

Masters
6:00 am
John

Strength
10:00 am
Alexandra

SUN

YOGA
9:15 am
Sarah