

# FALL GROUP FITNESS SCHEDULE (Club closed 12/25 & 1/1 | Alternate Schedules 12/24 & 12/31)

BBC - Basketball Court | GFS - Group Fitness Studio | MBS - Mind Body Studio | Spinning Studio - SS

## MON

**Bootcamp** w/ Andrea W.  
6:00-7:00am **BBC**

**new class**

**Spin** w/ Jeremy/Maria  
8:30-9:15am **SS**

**Aqua Bootcamp** w/ Sara  
8:30-9:30am **Lap Pool**

**Surge Fit** w/ Libby  
9:30-10:30am **BBC**

**Vinyasa Yoga** w/ Marty  
9:30-10:30am **MBS**

**Dance Fit** w/ Lisa  
9:30-10:30am **GFS**

**new class**

**Hatha Yoga** w/ J.T.  
10:30-11:30am **MBS**

**Gentle Fitness** w/ Irina  
12:00-1:00pm **GFS**

**new time**

**Spin** w/ Matthew  
5:30-6:15pm **SS**

**Core & Power Yoga**  
w/ Claire  
6:00-7:00pm **MBS**

**new class**

**Power 45** w/ Laura L.  
6:15-7:00pm **GFS**

## TUE

**Spin** w/ Shelley  
6:00-7:00am **SS**

**Upper/Lower**  
w/ Lisa  
8:30-9:15am **BBC**

**Cardio Tone** w/ Lea  
9:00-10:00am **GFS**

**Pilates** w/ Tricia  
9:30-10:30am **MBS**

**Spin** w/ Lisa  
9:30-10:15am **SS**

**Yin Yoga** w/ J.T.  
10:30-11:30am **MBS**

**H2O Fitness** w/ Irina  
1:00-2:00pm **Lap Pool**

**new class**

**Pilates** w/ Davy  
5:30-6:15pm **MBS**

**new class**

**Spin** w/ Jeremy  
6:00-6:45pm **SS**

**Dance Fit** w/ Justin  
6:00-7:00pm **GFS**

**new time**

**Yin Yoga** w/ Irina  
6:15-7:15pm **MBS**

## WED

**Bootcamp** w/ John  
6:00-7:00am **BBC**

**new class**

**Vinyasa Yoga** w/ J.T.  
6:00-6:45am **MBS**

**Spin** w/ Cheryl  
8:30-9:15am **SS**

**Aqua Bootcamp** w/ Sara  
8:30-9:30am **Lap Pool**

**Bootcamp** w/ John  
9:30-10:30am **BBC**

**Vinyasa Yoga** w/ Marty  
9:30-10:30am **MBS**

**WERQ®** w/ Dana  
9:30-10:30am **GFS**

**Gentle Fitness** w/ Joan  
12:00-1:00pm **GFS**

**Saber Academy**  
w/ Chad  
5:00-6:00pm **MBS**

**Spin** w/ Lisa  
5:45-6:30pm **SS**

**Adult Kung Fu** w/ Chad  
6:00-7:00pm **MBS**

**Power 30** w/ Lisa  
6:30-7:00pm **GFS**

## THU

**Spin** w/ Shelley  
6:00-7:00am **SS**

**new class**

**Ashtanga Yoga**  
w/ Claire  
8:00-9:00am **MBS**  
**Ends 1/4/24**

**Upper/Lower** w/ Laura L.  
8:30-9:15am **BBC**

**Cardio Tone** w/ Lea  
9:00-10:00am **GFS**

**Surge Fit** w/ Libby  
9:30-10:30am **BBC**

**Pilates** w/ Tricia  
9:30-10:30am **MBS**

**new class**

**Spin** w/ Laura M.  
9:30-10:15am **SS**

**new class**

**Slow Flow Yoga**  
w/ Marty  
10:30-11:30am **MBS**

**H2O Fitness** w/ Irina  
1:00-2:00pm **Lap Pool**

**Barre Blend** w/ Irina  
5:00-6:00pm **GFS**

**Bootcamp** w/ Lisa  
6:00-7:00pm **GFS**  
**Ends 10/12/23**

**new class**

**Dance Fit** w/ Lisa  
6:00-7:00pm **GFS**  
**Starts 10/19/23**

## FRI

**Bootcamp** w/ Kristi  
6:00-7:00am **BBC**

**new class**

**Vinyasa Yoga** w/ J.T.  
6:00-6:45am **MBS**

**new class**

**Posture & Strength**  
w/ Davy  
8:00-9:00am **GFS**

**Spin** w/ Maria/Jeremy  
8:30-9:15am **SS**

**Step** w/ Lea  
9:00-10:00am **GFS**  
**Starts 9/15/23**

**Bootcamp** w/ Andrea K.  
9:30-10:30am **BBC**

**Core & Power**  
**Yoga** w/ Irina  
9:30-10:30am **MBS**

**Yin Yoga** w/ Cheryl  
10:30-11:30am **MBS**

**new class**

**Core & Power Yoga**  
w/ Claire  
5:30-6:30pm **MBS**  
**Starts 10/20/23**

## SAT

**new class**

**Resistance/Cardio**  
**Training** w/ Lea  
8:00-9:00am **GFS**  
**Starts 9/16/23**

**Spin** w/ Andrea K.  
8:45-9:45am **SS**

**Bootcamp** w/ Lisa  
9:00-10:00am **GFS**

**Yoga/Pilates Fusion**  
w/ Cheryl  
9:00-10:00am **MBS**

**Reset + Restore**  
**Yoga** w/ J.T.  
10:00-11:00am **MBS**

**Power 45** w/ Lisa  
10:00-10:45am **GFS**

**youth class** w/ Chad  
**Kids Kung Fu (8-12)**  
11:00-11:30am **GFS**

**youth class** w/ Chad  
**Younglings Saber**  
**Academy (7-12)**  
11:30am-12:00pm **GFS**

**Championship Light**  
**Fencing** w/ Chad  
12:00-1:00pm **MBS**

**Sword Lab** w/ Chad  
1:00-2:00pm **MBS**

## SUN

**Express Pump & Jump**  
w/ Kristi  
9:00-9:30am **GFS**

**Power 30** w/ Kristi  
9:30-10:00am **GFS**

**Spin** w/ Matthew  
10:00-11:00am **SS**

**WERQ®** w/ Dana  
10:00-11:00am **GFS**

**Yin Yoga** w/ Irina  
10:00-11:00am **MBS**

**youth class** Ages 5+  
**Youth Yoga** w/ Irina  
11:15-11:45am **GFS**