

## Fitness Schedule Updated March 18, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Early Morning</b>						
		<b>Sculpt and Tone</b> 6:15am-7:15am North Gym	<b>HIIT/Circuit</b> 6:15am-7:00am North Gym			
		<b>Pilates</b> 6:30am-7:15am MP Room	<b>Pilates</b> 6:30am-7:15am MP Room			
<b>Aquafit</b> 8:30am-9:30am Pool		<b>Aquafit</b> 8:30am-9:30am Pool	<b>Aquafit</b> 8:30am-9:30am Pool	<b>Aquafit</b> 8:30am-9:30am Pool		
		<b>HIRT</b> 8:15am-9:15am South Gym		<b>Yoga</b> 8:15am-9:30am MP Room		
<b>Morning</b>						
	<b>Pilates</b> 9:00am-9:45am MP Room		<b>Pilates</b> 9:00am-9:45am MP Room	<b>Cardio Strength/ Circuit</b> 9:00am-10:00am Full Gym		
<b>Strength and Balance</b> 9:15am-10:15am Full Gym		<b>Total Body Strength</b> 9:15am-10:15am North Gym	<b>Zumba</b> 9:15am-10:15am North Gym	<b>Yin Yoga</b> 9:45am-11:00am MP Room	<b>Fusion</b> 9:15am-10:00am MP Room	
	<b>Cardio Sculpt</b> 9:30am-10:30am North Gym	<b>Pilates</b> 9:30am-10:30am MP Room	<b>Strength and Balance</b> 10:30am-11:30am Full Gym	<b>Lifefit</b> 10:30am-11:15am MP Room	<b>Zumba</b> 10:15am-11:15am North Gym	
<b>Afternoon</b>						
	<b>Zumba</b> 5:45pm-6:45pm North Gym	<b>Yoga</b> 5:00pm-6:15pm MP Room	<b>Zumba</b> 5:30pm-6:30pm North Gym			
	<b>Aquafit</b> 7:00pm-8:00pm Pool	<b>Yin Yoga</b> 6:30pm-7:45pm MP Room				

To avoid disappointment, please sign up for class at the front desk up to 30min before the start time. Classes fill up fast! Fitness classes do not run on stat holidays. This schedule is subject to change.

For the most up-to-date schedule follow us on Facebook and Instagram.