



GROUP FITNESS SCHEDULE Spring 2021 (April 26-June 18)



Time/Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:45 AM	Step & Strength MPR (Starting 5/3)		Step & Strength MPR (Starting 5/3)			
7:00-7:45 AM	Stretch & Balance MPR (Starting 5/3)		Stretch & Core MPR (Starting 5/3)		Gentle Stretch (7-7:30) MPR	
8:00-9:00 AM		Fit for Life MPR		Fit for Life MPR		
8:45 - 9:30 AM	Aqua Exercise Pool Shallow	Aqua Jogging Pool Deep	Aqua Exercise Shallow Pool	Aqua Jogging Pool Deep	Aqua Exercise Shallow Pool	
8:45-9:30 AM			Deep Water Exercise Pool		Deep Water Exercise Pool	
9:15-10:15 AM						Zumba Lobby Room
9:30-10:15 AM		Barre Fitness MPR				
10:30 - 11:30 AM		Yoga In-Person/Virtual		Yoga In-Person/Virtual		
10:30 - 11:15 AM	SS Classic Main Gym		SS Classic Main Gym			
12:00-12:30 PM		HIIT MPR 4/27-5/18				
5:15-6:00 PM		Bodywork Shop MPR				
5:30-6:30 PM	Boot Camp Lower Level		Boot Camp Lower Level			
5:30-6:15 PM		Aqua Wet Workout Pool	Aquarobics Pool	Aqua Wet Workout Pool		
5:30-6:30 PM	Yoga In-Person/Virtual					
6:15-7:45 PM		Tae Kwon Do Lobby Room		Tae Kwon Do Lobby Room		
6:30-7:30 PM	Strong Zumba MPR	Zumba MPR		Zumba MPR		

Group Fitness Classes are Free to Members. Members MUST register for classes.

***All classes are REQUIRED to have a minimum of 8 participants attending class.**

Multi-purpose Room Capacity is 16 participants per class

NOTE: Please be aware that our pool is a multi-use pool with several activities occurring at the same time.