

Group Fitness Schedule Updated Jan 15th, 2025

Room Guide:

(G) Gymnasium · (W) West Gymnasium · (E) East Gymnasium · (H) Hume Studio · (A) Active Living Studio 2 · (P) Pool

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|---|---|--|
| Morning | | | | | | |
| Power Yoga(A) 7:15-8:15am | Sweat(W) 6:45-7:30am | Vinyasa Yoga (A) 7-8am | Vinyasa Yoga(A) 7-8am | Gentle Tone (E) 10:45-11:45am | Step (E) 8:15-9:15am | Power Yoga (A) 7:30-8:30am |
| Hatha Yog(A) 11-12:15pm | Latin Dance (W) 10:45-11:30am | Core (W) 7:15-8am | Strength (W) 8 m-8:45am | | Hatha Yoga (A) 8:30-9:30am | Cycle (H) 9:30-10:15am |
| Gentle Tone (W) 11:15-12:15pm | Hatha Yoga (A) 11-12pm | Gentle Tone (W) 9-10am | Strength and Sweat (W) 9-10am | | Cycle (H) 9:30-10:30am | Group Power (W) 9:45-10:45am |
| | | Aquafit (P) 9:45-10:30am | Aquafit(P) 11-11:45am | | Strength (E) 9:30-10:30am | Zumba Toning (E) 10:30-11:30am |
| | | Hatha Yoga (A) 11-12pm | Hatha Yoga (A) 11-12:15pm | | Vinyasa Yoga (A) 10-11am | Cycle(H) 11-11:45 |
| Afternoon | | | | | | |
| Group Power (W) 12:30-1:30pm | Strength (W) 12:15-1pm | Strength (W) 12-12:45pm | | Aquafit (p) 12-12:45pm | Persian Dance (E) 10:45-11:30am | |
| Stretch (A) 1-1:30pm | Aquafit(P) 2:45-3:30PM | | | Adv. Stretch (A) 12-1pm | Flow yoga(A) 11:30-12:45pm | |
| Aqufit(p) 2-2:45pm | | | | Cycle (H) 12:15-1:15pm | | |
| Evening | | | | | | |
| Latin Dance(W) 4:15-5pm | Group Power (W) 4:15-5:15pm | Cardio Dance (E) 5:15-6:15pm | Pilates (A) 5:15-6pm | Cycle(H) 12-1PM | | |
| Power Yoga (A) 5-6pm | Cardio Dance (E) 4:30-5:15pm | Strength (W) 5:30-6:30pm | Cardio Dance (E) 5:45-6:30pm | Step (W) 4:30-5:30pm | | |
| Step and Strength (G) 6-7pm | Power Yoga (A) 5-6pm | Cycle (H) 6-6:50pm | Cycle (H) 6-6:45pm | Hatha Yoga (A) 5-6pm | | |
| Cycle (H) 6-7pm | Step and Strength (G) 5:30-6:30pm | Vinyasa Yoga (A) 6:30-7:30pm | Dance Fit (A) 6:15-7:15pm | Zumba (E) 5:30-6:30pm | | |
| Zumba (G) 7:15-8pm | Cycle (H) 6-6:45pm | Step (W) 6:45-7:45pm | Group Power (E) 6:45-7:45pm | Strength (W) 5:45-6:45pm | | |
| Stretch(A) 7-8PM | Power Yoga (A) 6:15-7:15pm | | | Hatha Yoga (A) 6:15-7:15pm | | |

| Class | Description |
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| Pilates | This class focuses on your core, breathing, and muscular integration to improve your posture, and to align your body. |
| Power Yoga | A more intense style similar to Ashtanga and some Vinyasa focusing on strength and relaxation. |
| Hatha Yoga | This class is an introduction to basic breathing techniques, posture and relaxation exercises. |
| Flow Yoga | focuses on the connection between breath, movement, and the mind. It is based on the principles of hatha yoga, vinyasa yoga and ashtanga vinyasa. This style of yoga is often referred to as 'flow' because it moves from one pose to another in a continuous, smooth way. |
| Flow Yoga | focuses on the connection between breath, movement, and the mind. It is based on the principles of hatha yoga, vinyasa yoga and ashtanga vinyasa.is often referred to as 'flow' because it moves from one pose to another in a continuous, smooth way. |
| Stretch | All about setting aside time to stretch muscles, improve posture and proper body alignment |
| Step and Strength | Step & Strength is an easy-to-follow step workout that zeroes in on intensity and power movements, using some additional fitness equipment. |
| Strength | Using barbells, dumbbells, and your own body weight, this powerful workout will have you feeling a burn long after you are finished. |
| Step | Using a non-slip step to do choreographed fitness step routines for a variety of fitness levels |
| Core | A workout that includes a variety of exercises to improve your back strength, abdominal strength, balance, and coordination. |
| Group Power | Combining traditional strength exercises with the hottest functional training moves to make you fitter and stronger. |
| Tone | Gentle Tone is a low-impact class to help regain fitness after injury or increase strength and endurance through slower technique work. |
| Zumba | Join us for a calorie-burning, easy-to-follow dance fitness-party™ choreographed to Latin and international rhythms. |
| Cardio Dance | A Fun Cardio workout class while dancing to Pop Music. |
| Persian Dance | Experience the beauty and elegance of Persian dance. Whether you're new to dance or have some experience, this class is for you! |
| Cycle | Cycle your way to good health. A class of varying intensity, suitable for all experience levels, this class uses various cycling techniques to keep the workout varied. |
| Sweat | Y Sweat is a high-speed, high-energy class with a variety of bodyweight moves to increase your stamina. |
| Latin Dance | Work mobility and fluidity through movement in this Latin inspired cardio dance class. |
| Aquafit | A shallow water medium intensity workout, using water and equipment for resistance, toning muscles, and increasing endurance and flexibility. By using your body's natural buoyancy, water reduces joint stress while creating natural resistance to work your muscles. |