

Fall 2019 FITNESS SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Early Riser Bootcamp (S&C, Activity room, Gym) 6:00-7:00 a.m.	Racer Cycling* (Main Gym) 6:00-7:00 a.m.	Early Riser Bootcamp (S&C, Activity room, Gym) 6:00-7:00 a.m.		Racer Cycling* (Main Gym) 6:00-7:00 a.m.		
	Muscle Works Fat Burning (Studio) 9:00-10:15 a.m.	Spint+ (Studio) 9:00-10:00 a.m.	Athletic Yoga (Studio) 6:00-7:00 a.m.	Spin and Strength+ (Studio) 9:00-10:15 a.m.	Athletic Yoga (Studio) 7:00-8:00 a.m.	Adult Karate (Main Gym) 9:00 - 10:30 a.m.	
	Best of Both Worlds (Main Gym) 9:15-10:15 a.m.	HIIT Bootcamp (Activity Room) 9:00-10:00 a.m.	Back to Basics (Studio) 9:00-10:00 a.m.	HIIT Bootcamp (Activity Room) 9-10 a.m.	Total Body Conditioning (Studio) 9:00-10:00 a.m.	Weekend Step and Strength (Studio) 10:00-11:00 a.m.	Gentle Focused Yoga for Targeted Results (Studio) 9:30-11:00 a.m.
Afternoon		Pilates: Small Equipment* (Main Gym) 9:00-10:00 a.m.	MOC 45/30 (Main Gym) 9:30-10:45 a.m.		Pilates: Small Equipment* (Studio) 10:15-11:15 a.m.	Teen and Advanced Ninjas (Main Gym) 9:00 - 10:30 a.m.	
		Tai Chi (Studio) 12:00-1:00 p.m.	Tai Chi (Studio) 10:30-11:30 a.m.			Complementary Stretch Class (Fitness Center/Studio) 11:30-11:45 a.m.	
		Complementary Stretch Class (Fitness Center/Studio) 12:15-12:30 p.m.				Adult Orientation (Fitness Center) 1:00-2:00 p.m.	Youth Drop-In Fitness (Fitness Center/Studio) 2:00-3:00 p.m.
Evening	Jr. Certification Test (Fitness Office) 4:15-4:45 p.m.		Complementary Stretch Class (Fitness Center) 6:00-6:15 p.m.	Pilates: Small Equipment* (Studio) 6:00-7:00 p.m.		Jr. Orientation (Fitness Office) 4:15-5:15 p.m.	
	Spin & Strength+ (Studio) 6:15-7:15 p.m.	Gentle Focused Yoga for Targeted Results (Studio) 6:00-7:15 p.m.		Synergy 360 Circuit (S & C Room) 6:00-7:00p.m.			
	Barre Method Intensive (Studio) 7:30-8:30 p.m.	Derrick Club Functional Training 6:00-7:00 p.m.	Spin and Yoga Core+ (Studio) 6:30-7:30 p.m.	Weekly Meditate* 8:00 - 9:00 p.m.			
		Youth & Adult Self Defense (Small Gym) 6:30-7:45 p.m.	ROM 7:15-8:15 p.m.	Tai Chi (Studio) 7:15-8:15 p.m.			
		Focused Yoga for Targeted Results (Studio) 7:30-8:30 p.m.	Youth Drop-In Fitness (Fitness Center/Studio) 8:00-9:00 p.m.				

- Registered Classes
Drop-ins are welcome if the class is running and registration is not full
- Monthly Fitness Pass Classes
Monthly charge billed continuously until you cancel
Drop-ins are welcome
- Classes not running
Registration for all classes is online through

Classes in **RED** are full

No drop in available for Group PT Programs

The + symbol denotes a class with a limited number of bikes - reserve yours at the fitness office with a spin bike tag