

SPECIALTY CLASSES

Cardio Kickboxing (Brandon) 6:15pm– Studio 2

Thursday, October 2, 16, November 6, December 11

Iron Yoga (Renee) 8-8:45am – Studio 2

Friday, October 10, November 7

Track Boot Camp (Jennifer) 5:30p.m. – Outside

Friday, October 10

NEW!! Seasonal Qigong (Mary) 11a.m.– Studio 2

Saturday, October 11

Beginner Cycling (Jackie) 10:30a.m.

Saturday, October 11, Sunday, November 23

NEW!! S.W.E.T. *Structured Water Exercise Training* (Jackie) 11a.m.

Sunday, October 12

Outdoor Dog Walk (Ashlee) 5:30p.m.

Friday, October 17

Aqua Pilates (Gloria) 10 am - Pool

Monday, October 13, November 10

Stretch and Mobility 45 (Elissa) 8:15-9am– Studio 2

Saturday, October 4 and 18

EVENING Yoga (Heather G.) 6:00p.m. – Studio 2

Thursday, October 23, November 20, December 18

Cycle 45 (Laura) 8-8:45a.m.

Saturday, October 25, November 15, December 20

Water Walking 101 (Stori) 10:00a.m. - Pool

Monday, October 27, November 24

Sit Fit Seniors (Crissy) 11:00 am– Studio 2

Saturday, October 25

Race Day 90 Min. Cycling (Jackie) 11:00 am– 1st Floor

Saturday, November 22, December 28

Registration is open now to members and guests.