

FALL I SESSION: 9/1/25-10/26/25

SUN	MON			TUES			WED			THURS			FRI			SAT
Opens 8AM	Opens 6AM			Opens 6AM			Opens 6AM			Opens 6AM			Opens 6AM			Opens 7AM
MORNING CLASSES																
6:00 AM																
6:15 AM																
6:30 AM																
6:45 AM																
7:00 AM																
7:15 AM																
7:30 AM																
7:45 AM															Water Arthritis Pool 7:15am-8am	
8:00 AM	Indoor Cycling NORTH GYM 8am-9am	Silver Sneakers Classic DANCE STUDIO 8am-8:50am	Club Remix NORTH GYM 8:30am-9:15am	Silver Sneakers Classic DANCE STUDIO 8am-8:50am			Silver Sneakers Classic DANCE STUDIO 8am-8:50am			Silver Sneakers Classic DANCE STUDIO 8am-8:50am		Club Remix NORTH GYM 8:30am-9:15am			Boot Camp NORTH GYM 8am-9am	
8:15 AM																
8:30 AM																
8:45 AM		Silver Sneakers Classic DANCE STUDIO 9am-9:50am		Silver Sneakers Chair Yoga DANCE STUDIO 9am-10am		Water Works Pool 9am-9:45am	Silver Sneakers Classic DANCE STUDIO 9am-9:50am	8:30am-9:15am	Water Works Pool 9am-9:45am	Silver Sneakers Chair Yoga DANCE STUDIO 9am-10am	Water Works Pool 9am-9:45am	8:30am-9:15am	Silver Sneakers Classic DANCE STUDIO 9am-9:50am	Water Works Pool 9am-9:45am		
9:00 AM																
9:15 AM	Club Remix DANCE STUDIO 9:30am-10:30am		Boot Camp NORTH GYM 9:30am-10:30am		Cardio Blast NORTH GYM 9:30am-10:30am							Interval Training NORTH GYM 9:30am-10:30am	Cardio Blast NORTH GYM 9:30am-10:30am		Zumba DANCE STUDIO 9:30am-10:30am	
9:30 AM																
9:45 AM																
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EVENING CLASSES																
4:00 PM																
4:15 PM																
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4:45 PM																
5:00 PM																
5:15 PM																
5:30 PM																
5:45 PM																
6:00 PM	Strength & Tone NORTH GYM 6pm-7pm			Yoga DANCE STUDIO 6pm-7pm			Strength & Tone NORTH GYM 6pm-7pm						* IMPORTANT BASKETBALL COURTS CLOSURE INFORMATION* Friday, December 12th: Basketball Courts will be CLOSED all day.			
6:15 PM																
6:30 PM																
6:45 PM																
7:00 PM	Zumba DANCE STUDIO 7pm-8pm			Zumba DANCE STUDIO 7pm-8pm						Yoga DANCE STUDIO 7pm-8pm						
7:15 PM																
7:30 PM							Wellness House Stretching Through Cancer DANCE STUDIO 6:30pm-7:30pm									
7:45 PM																
8:00 PM																
8:15 PM																
8:30 PM																
8:45 PM																