October 2026

Day	Time	Class	Location
Monday	5:30 a.m.	SPRINT	Studio A – *30 min. reg. req.*
	7:30 a.m.	Power Vinyasa Yoga	Studio A
	8:30 a.m.	BODYPUMP	Studio B
	8:30 a.m.	TONE	Studio A
	9:00 a.m.	Aqua Aerobics	Pool - *60 min.*
	9:30 a.m.	Les Mills CORE W/ 15 min. stretch	Studio B
	9:30 a.m.	RPM	BBC or Out – *reg. req.*
	10:00 a.m.	Aqua Movement & Stretch	Pool - *60 min.*
	10:30 a.m.	Exercise is Medicine Muscle Conditioning	Studio B - *60 min.*
	10:00 a.m.	Gentle Yoga Flow	Studio A
	11:00 a.m.	Yoga Sculpt	Studio A
	1:00 p.m.	Deep Water Jogging	Pool - *60 min.*
	1:00 p.m.	Exercise is Medicine Muscle Conditioning	Studio A
	12:15 p.m.	BODYPUMP	Studio B
	4:30 p.m.	BODYBALANCE	Studio B
	5:30 p.m.	RPM	BBC – *reg. req.*
	5:30 p.m.	TONE	Studio B
	6:00 p.m.	Dance Fitness	Studio A
	6:30 p.m.	Aqua Fitness	Pool - *60 min.*
Tuesday	5:30 a.m.	BODYPUMP HEAVY	Studio B –*Reg. req.*
	7:30 a.m.	Vinyasa Yoga	Studio A – *50 min.*
	8:30 a.m.	BODYSTEP	Studio B
	8:30 a.m.	Dance Fitness	BBC
	8:30 a.m.	Yoga – Beg. /Int.	Studio A
	9:00 a.m.	Aqua Aerobics	Pool - *60 min.*
	9:30 a.m.	Cardio Burn	Studio B
	10:00 a.m.	Deep Water Jogging	Pool - *60 min.*
	10:00 a.m.	Gentle Yoga Reset	Studio A
	10:30 a.m.	Exercise Is Medicine Cycle/RPM	BBC or OUT
	10:30 a.m.	Exercise Is Medicine DANCE	Studio B – *NEW CLASSS!*
	1:00 p.m.	Exercise is Medicine Muscle Conditioning	Studio A
	4:30 p.m.	Les Mills BODYCOMBAT	Studio B – *45 min.*
	5:15 p.m.	Pilates Barre	Studio A
	5:30 p.m.	BODYPUMP	Studio B – *60 min.*
	6:00 p.m.	BODYBALANCE Stretch	Studio A – *30 min.*
	6:30 p.m.	ZUMBA	Studio A – *60 min.*
Wednesday	5:30 a.m.	Les Mills CORE W/15 min Stretch	Studio B
	7:30 a.m.	Power Vinyasa Yoga	Studio A
	8:30 a.m.	BODYPUMP	Studio B
	8:30 a.m.	Yoga Sweat	Studio A
	9:00 a.m.	Aqua Aerobics	Pool - *60 min.*
	9:30 a.m.	RPM	BBC or Out – *reg. req.*
	9:30 a.m.	Les Mills CORE W/15 min Stretch	Studio B
	9:30 a.m.	Dance Fitness	Studio A – *60 min.*
	10:00 a.m.	Aqua Tone	Pool - *60 min.*
	10:30 a.m.	Exercise is Medicine	Studio B
	11:00 a.m.	Yin Yoga	Studio A – *50 min.*
	1:00 p.m.	Deep Water Jogging	Pool - *60 min.*
	1:00 p.m.	Exercise is Medicine Balance	Studio A
	4:30 p.m.	TONE	Studio B
	5:30 p.m.	Dance Fitness	Studio A
	5:30 p.m.	Boot Camp	Studio B
	5:30 p.m.	SPRINT	BBC *reg. req.*

October 2026

Day	Time	Class	Location
Thursday	5:30 a.m.	RPM	Studio A – *reg. req.*
	7:30 a.m.	Vinyasa Yoga	Studio A – *50 min.*
	8:30 a.m.	BODYSTEP express with BODYPUMP arms	Studio B – *50 min.*
	8:30 a.m.	BODYBALANCE	Studio A
	9:00 a.m.	Aqua Aerobics	Pool - *60 min.*
	9:30 a.m.	BODYPUMP HEAVY	Studio B – *60 min. reg. req.*
	9:30 a.m.	Pilates	Studio A
	10:00 a.m.	Deep Water Jogging	Pool - *60 min.*
	10:30 a.m.	Exercise is Medicine	Studio A
	12:00 p.m.	Gentle Yoga Flow	Studio A
	1:00 p.m.	Exercise is Medicine Qigong	Studio A
	4:30 p.m.	BODYPUMP	Studio B
	4:30 p.m.	Pilates Barre	Studio A
	5:30 p.m.	BODYBALANCE	Studio B – *60 min.*
	6:30 p.m.	Dance COMMIT	Studio A – *60 min.*
Friday	5:30 a.m.	BODYPUMP	Studio B
	7:30 a.m.	Power Vinyasa Yoga	Studio A
	8:30 a.m.	Gentle Yoga Flow	Studio A
	8:30 a.m.	BODYBALANCE	Studio B
	9:00 a.m.	Aqua Aerobics	Pool - *60 min.*
	9:30 a.m.	Pilates Fundamentals	Studio A
	9:30 a.m.	RPM	BBC or Out – *reg. req.*
	10:00 a.m.	Aqua Movement & Stretch	Pool - *60 min.*
	10:30 a.m.	Exercise is Medicine	Studio B
	11:30 a.m.	Exercise is Medicine Cycle	Studio A or Out
	12:15 p.m.	BODYPUMP HEAVY	Studio B – *60 min. –reg.req.*
	1:00 p.m.	Deep Water Jog	Pool
	5:30 p.m.	ZUMBA	Studio A
Saturday	7:30 a.m.	CORE	Studio B
	8:15a.m.	SPRINT	Out or BBC – *reg. req.*
	9:00 a.m.	BODYPUMP	Studio B
	9:00 a.m.	Aqua Aerobics	Pool - *60 min.*
	9:00 a.m.	Yoga Sculpt with Weights	Studio A
	9:30 a.m.	Cardio Burn	BBC or Out
	10:00 a.m.	BODYBALANCE	Studio B – *60 min.*
	11:15 a.m.	ZUMBA	Studio B
Sunday	7:30 a.m.	Vinyasa Yoga	Studio A – 60 min.
	1:00 p.m.	Aqua Aerobics	Pool - *60 min.*
	2:00 p.m.	Dance Fitness	Studio A
	3:00 p.m.	BODYPUMP HEAVY	Studio B – *60 min. reg. req.*

Studio Locations: A – Hardwood floor; B –large room downstairs; BBC – basketball court; Out – front patio

All classes are 45 min. unless listed otherwise.

Special Events:

- Oct. 17 Lavender Yoga – 1 p.m. Studio A. Free for Members, $10 guest fee
- Oct. 24 - Two Hearts One Beat - 3 p.m. Mom and Me Dance Fitness class for ages 2-7. Free for members, $10 adult guest fee