



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS CLASSES AND PROGRAMS

EFFECTIVE NOVEMBER 1, 2023

- Please sign in AND out with the front desk staff through the lobby entrance before the start of every class, including classes that take place in the Rotary room.
- Group fitness classes are included with membership. Facility day use fees apply for non-members.

Notes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please wipe off all equipment like weights before and after use. Please bring your own yoga mat and water bottle. There is a water bottle filling station in the lobby. If you are ill, please stay home.	8:00-9:00 Low-Impact Aerobics (Rotary)		8:00-9:00 Low-Impact Aerobics (Rotary)		8:00-9:00 Low-Impact Aerobics (Rotary)	
	9:00-10:00 Sr. Water Aerobics (Pool)		9:00-10:00 Sr. Water Aerobics (Pool)		9:00-10:00 Sr. Water Aerobics (Pool)	9:00-10:00 Les Mills Body Pump (Rotary)
			9:15-10:15 Les Mills Body Pump (Rotary)			
Nautilus Orientation Free nautilus and cardio room orientation for members by appointment – schedule with the front desk staff.	10:00-11:00 Tai Chi (Gym)	10:00-10:50 Circuit & Stability (Rotary)	10:00-11:00 Tai Chi (Gym)	10:00-10:50 Circuit & Stability (Rotary)	10:00-11:00 Tai Chi (Rotary)	
		11:00-11:45 Senior Stretch (Rotary)		11:00-11:45 Senior Stretch (Rotary)	11:00-12:00 H2O Aerobics (Pool)	
		12:00-12:30 BOOM (Rotary)		12:00-12:30 BOOM (Rotary)		
Facility Hours M.-Th. 5 AM-9 PM F. 5 AM-7 PM SAT. 8 AM-5 PM SUN. Noon-5 PM		11:00-12:00 Tai Chi (Gym)		11:00-12:00 Tai Chi (Gym)		
	4:45-5:15 Group Cycling (Yellow Fitness Studio)		4:45-5:15 Group Cycling (Yellow Fitness Studio)			
Reserve the Les Mills Virtual Classroom online or through the front desk. The virtual player offers Les Mills classes: BodyBalance, BodyPump, Core, Sh'bam, and Sprint	5:00-6:00 H2O Aerobics (Pool)		5:00-6:00 H2O Aerobics (Pool)			
	5:15-6:15 Les Mills Body Pump (Rotary)	5:15-6:15 Les Mills Body Balance (Rotary Room)	5:15-6:15 Les Mills Body Pump (Rotary)	5:15-6:15 Les Mills Body Balance (Rotary Room)		
	5:30-6:30 Beginner Yoga (Gymnastics)		5:30-6:30 Intermediate Yoga (Gymnastics)			
	6:30-7:30 Tai Chi (Gymnastics)		5:30-6:30 Kettlebell (Yellow Fitness Studio)			
			6:30-7:30 Tai Chi (Gymnastics)			
	6:30-8:00 Elkins Shotokan (Rotary)		6:30-8:00 Elkins Shotokan (Rotary)			