

Group Exercise Schedule

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<i>Beginner + Indoor Cycling</i> 7-7:45am Sheri <i>Gentle/Restorative Yoga</i> 8-8:50am Katharine <i>Stretch, Move & Tone</i> 9-9:45am Arielle <i>Zumba Gold Toning</i> 10-10:50am Sheila <i>Strength Circuit</i> 11-11:50am Elaine	<i>Indoor Cycling</i> 7-7:45am Donna <i>Pilates</i> 8-8:50am Katharine <i>Zumba Gold</i> 9-9:50am Sheila <i>Flow Yoga</i> 10-10:50am Elaine <i>CORE & Cardio</i> 11-11:50am Michele	<i>Beginner + Indoor Cycling</i> 7-7:45am Sheri <i>Flow Yoga</i> 8-8:50am Valentina <i>Zumba Gold</i> 9-9:50am Carol <i>Full Body</i> 10-11:10am Holly	<i>Indoor Cycling</i> 7-7:45am Donna <i>Yin Yoga</i> 8-8:50am Lili <i>Zumba Gold</i> 9-9:50am Sheila <i>Strength Circuit</i> 10-10:50am Michele <i>Pilates</i> 11-11:50am Katharine	<i>Beginner + Indoor Cycling</i> 7-7:45am Sheri <i>Flow Yoga</i> 8-8:50am Lisa <i>Zumba Gold Toning</i> 9-9:50am Sheila <i>BLT + Core</i> 10-11:10am Holly	
<i>Cardio, Strength & Balance</i> 5-5:50pm Michele <i>Flow Yoga</i> 6-6:50pm Michele	<i>Yin Yoga</i> 4-4:50pm Lili <i>Ultimate Bootcamp Plus</i> 5-6:10pm Holly	<i>Step & Strength</i> 5-5:50pm Michele <i>Flow Yoga</i> 6-6:50pm Michele <i>Zumba</i> 7-7:55pm Jenna	<i>Yin Yoga</i> 4-4:50pm Janet <i>Ultimate Bootcamp</i> 5-5:50pm Holly	<th>SATURDAY</th>	SATURDAY
<i>Tai Chi*</i> Advanced: 1-2:30pm Beginner: 7-8:30pm Advanced: 7-8:30pm	<i>Tai Chi*</i> Beginner: 2-3:30pm		<i>Tai Chi*</i> Beginner: 2-3:30pm	<i>Beginner Cycling</i> 8-8:45am Donna <i>Flow Yoga</i> 9:30-10:30am Lisa 	

* Tai Chi is not included in GEX combo. Schedule and class format subject to change. *

Fees for the Group Exercise (GEX) classes are offered as a daily drop-in fee. Or you can take advantage of the combo deal, which allows you unlimited access to all GEX classes and the Fitness Center.

Per Class, Per Day: \$5/Rec Card; \$7/No Card. Per Month: \$30/Rec Card; \$45/No Card

GEX Class & Fitness Center Combo: \$20/month with Fitness Center Membership (\$18/month or \$180/year with a Rec Card)

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BLT & Core: BLT + Core- is a full 1hour and 10-minute class focusing on cardio endurance, metabolic and aerobic training. PLUS, core strengthening. Finishing up with a gentle stretch and cooldown.

Cardio, Strength, & Balance: An interval workout for all levels consisting of cardio, functional strength training, and compound exercise aimed at challenging your body, brain, and balance.

CORE & Cardio: This class is designed for all skill levels and includes 30 minutes of easy to follow, energizing yet low impact cardio exercises, followed by 20 minutes of solid core exercises.

Flow Yoga: A Hatha style gentle flow of continuous movement easing you in and out of traditional asanas as you practice keeping your mind and body aligned. Guaranteed to increase your body awareness, flexibility, and strength.

Full Body: A 1 hour and 10-minute class that will improve muscle strength, core fitness, and conclude with a relaxing full body stretch. This class will have you feeling stronger and inspired.

Gentle/Restorative Yoga: This yoga class allows students to work from the foundation up highlighting detailed alignment for the body in order to accurately ease in and out of poses creating strength, balance, tone, and flexibility. All levels welcome.

Indoor Cycling: Rise and shine with this cardio workout and get your heart pumping while burning serious calories. Start pedaling and let the music take you on an amazing ride along various terrains, speeds, and intensities. All levels are welcome to our friendly group. Bring a towel and water bottle!

Beginner Cycling: Have you ever wanted to try a class but worried you wouldn't know what to do? Now's your chance! Learn proper set-up and technique while getting a great workout. Bring a towel and water bottle! If you are a newcomer, please arrive at least 10 minutes early.

Beginner + Indoor Cycling: Suitable for beginners and experienced cyclists alike. Starting with a gentle warm-up, followed by a series of intervals alternating between light/fast resistance (sprints) and moderate/heavy resistance (climbs), and ending with a cool-down/stretch, all while listening to a tailored playlist of musical variety.

Pilates: Build strength without bulking up. Pilates elongates and strengthens the muscles, improving flexibility and joint mobility. Increase strength throughout the core muscles to improve posture and balance.

Step & Strength: Includes 25 minutes of easy-to-follow, low impact movements on a step or the floor, followed by 25 minutes of basic strength training using body weight, dumbbells, and resistance bands.

Strength Circuit: From beginners to body builders. Skip the weight room and work every muscle, large to small in this dynamic class that incorporates body weight, balance, and strength exercises.

Stretch, Move & Tone: Deep stretching focused on lengthening and loosening tight muscles, improving circulation, relaxation, and posture, while increasing energy through a combination of rhythmic coordination, stability, flexibility & fun. Choreographed and taught by Arielle Giordano.

Ultimate Bootcamp: This interval training workout utilizes a combination of strength and cardiovascular exercises working towards building lean muscle, cardiovascular endurance, camaraderie, and team effort.

Ultimate Bootcamp Plus: Our Ultimate Bootcamp with an end of class focus on stretch and flex.

Yin Yoga: Yin yoga is a slow, meditative style of yoga that focuses on deep stretching and stillness. It encourages relaxation and mindfulness, helping to release tension and improve flexibility while calming the mind. Please bring your own yoga mat.

Zumba: A Latin-inspired dance fitness class for anyone. This cardio program that utilizes intermittent training through fun, easy dance moves to work the core muscles and improve balance, stability, and movement.

Zumba Gold: This dance class is designed for both beginners and older active adults. It is easier than the basic Zumba, but just as fun with easy-to-follow moves for any age.

Zumba Gold Toning: Offers an exhilarating experience of a Zumba fitness-party with the benefits of safe and effective strength training. It's an easy-to-follow, health-boosting, dance-fitness program for baby boomers as well as beginners.