

MODIFIED GROUP EXERCISE

October 5 - October 11

Please take note of the Studio One classes moving to the Movement Zone and Yoga Wall during the upgrade to Studio 1:

MON
10/5

8:15 AM
BODYPUMP
WITH DUMBBELLS
Movement Zone

10:00 AM
ZUMBA GOLD
CANCELLED

11:15 AM
CHAIR YOGA
Movement Zone

12:15 PM
SENIOR FUSION
Movement Zone

5:30 PM
BODYPUMP
WITH DUMBBELLS
Movement Zone

6:30 PM
URBAN DANCE
FITNESS
CANCELLED

TUES
10/6

6:00 AM
STRENGTH
CONDITIONING
Movement Zone

9:15 AM
STRENGTH
CONDITIONING
Movement Zone

12:00 PM
ACTIVE AGING
Movement Zone

1:00 PM
ACTIVE AGING
Movement Zone

6:15 PM
STRENGTH
CONDITIONING
Movement Zone

6:30 PM
ZUMBA®
CANCELLED

WED
10/7

9:15 AM
BODYPUMP
WITH DUMBBELLS
Movement Zone

10:15 AM
ABS & GLUTES
Yoga Wall

11:45 AM
ACTIVE AGING:
STRENGTH & STABILITY
Movement Zone

5:30 PM
BODYPUMP
CANCELLED

6:30 PM
STEP REMIX
CANCELLED

THURS
10/8

9:15 AM
STRENGTH
CONDITIONING
Movement Zone

10:15 AM
CARDIO
KICKBOXING
CANCELLED

5:15 PM
ABS & GLUTES
Yoga Wall

6:00 PM
STRENGTH
CONDITIONING
CANCELLED

7:00 PM
ZUMBA®
CANCELLED

FRI
10/9

7:00 AM
STRENGTH
CONDITIONING
Movement Zone

8:15 AM
BODYPUMP
WITH DUMBBELLS
Movement Zone

10:15 AM
ZUMBA GOLD
Yoga Wall

11:15 AM
ACTIVE AGING
Movement Zone

6:00 PM
STRENGTH
CONDITIONING
CANCELLED

SAT
10/10

8:15AM
BODYPUMP
WITH DUMBBELLS
Movement Zone

11:15 AM
BRAZILIAN FUNK
Movement Zone

SUN
10/11

9:15 AM
STRENGTH
CONDITIONING
CANCELLED

10:15 AM
ZUMBA®
CANCELLED

To help ensure everyone has the best experience, please reserve your spot in class, all classes will have limited capacity. Thank you for your cooperation as we continue enhancing our club experience.

Reservations are required, and registration capacities have been reduced to accommodate spacing and equipment.

Please check our App for the most up to date schedules.