## **GROUP X SCHEDULE**

**FALL 2025** 

**Club Hours** Monday-Friday 5:00am-9:00pm

Saturday 8:00am-5:00pm Sunday 12noon-6:00pm Nursery Hours Monday-Friday 9:00am-1:00pm

Monday-Friday 4:00pm-8:00pm Saturday 8:00am-1:00pm



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Circuit Training	Fit Forever	Strength Stretch	Fit Forever	Strength Training	Fitness Fusion	
9:00 a.m.	9:00 a.m.	9:00 a.m.	9:00 a.m.	9:00 a.m.	9:00 a.m	
Pilates Core Plus	Cardio Strength	Yoga	Pilates Strength	Stretch		
10:00 AM	10:00 a.m.	10:00 a.m.	10:00 a.m.	10:00 a.m.		
Zumba	Zumba	Zumba	Zumba	Zumba		
11:00 a.m	11:00 a.m	11:00 a.m.	11:00 a.m	11:00a.m.		
l I						
		Zumba	Turn Up			
		6:00 p.m	6:00p.m			
Turn Up						
7:00 p.m.				Effe	ctive September 8th, 2	2025
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<sup>~</sup>Any class that does not have at least 5 members will not be taught for that hour. If low numbers continue then the class(es) will be modified or removed from the schedule~