

# GROUP X SCHEDULE

Winter 2026

Club Hours

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

Nursery Hours

Monday-Thursday	9:00am-1:00pm
	4:00pm-8:00pm
Friday	9:00am-1:00pm
Saturday	8:00am-1:00pm



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Circuit Training 9:00 a.m.	Fit Forever 9:00 a.m.	Strength Stretch 9:00 a.m.	Fit Forever 9:00 a.m.	Strength Training 9:00 a.m.	Fitness Fusion 9:00 a.m.	
Pilates Core Plus 10:00 AM	Cardio Strength 10:00 a.m.	Yoga 10:00 a.m.	Pilates Strength 10:00 a.m.	Stretch 10:00 a.m.	Tai Chi 10:00 a.m.	
Zumba 11:00 a.m.	Zumba 11:00 a.m.	Zumba 11:00 a.m.	Zumba 11:00 a.m.	Zumba 11:00a.m.		
Tai Chi 6:00 p.m.	Turn Up 6:00pm	Zumba 6:00 p.m.	Turn Up 6:00p.m			

Effective January 5, 2026

~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~