

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~