

GROUP X SCHEDULE

Spring 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
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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.
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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 11:00 a.m.	
		Tai Chi 12:00 p.m.			

	Turn Up 6:00 p.m.	Zumba 6:00 p.m.	Turn Up 6:00 p.m.
Xtreme Hip Hop Step 7:00 p.m.			

Effective March 25, 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~