

GROUP X SCHEDULE

FALL 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
 5:00pm-8:00pm
 Friday 9:00am-1:00pm
 Saturday 8:00am-1:00pm



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Functional Strength
& Conditioning
5:30 a.m

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5:30 a.m

Circuit Training 9:00 a.m.	Fit Forever 9:00 a.m.	Cardio Fusion 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	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			

Xtreme Hip Hop Step 6:00 p.m	Turn Up 6:00 p.m	Zumba Toning 6:00 p.m	Turn Up 6:00 p.m
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Effective October 29th, 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
 Children 7 years of age and older are welcome to participate in any group exercise class with supervision