






















Additional Classes Added!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00AM - 8:45AM STRENGTH & CONDITIONING AEROBICS ROOM JOE (20) 	8:00AM - 8:45AM CARDIO & STRETCH AEROBICS ROOM JOE (20) 	8:00AM - 8:45AM STRENGTH & CONDITIONING AEROBICS ROOM KATHY (20) 	8:00AM - 8:45AM STRENGTH & CONDITIONING AEROBICS ROOM KATHY (20) 	8:00AM - 8:45AM ZUMBA AEROBICS ROOM JOLENE (20) 
9:00AM - 9:45AM BARRE ABOVE® AEROBICS ROOM CHRISTA (22) 	9:00AM - 9:45AM STEP & SCULPT AEROBICS ROOM TERI (20) 	9:00AM - 9:45AM MOBILITY & STRENGTH AEROBICS ROOM MARCELLUS (22) 	9:00AM - 9:45AM BARRE ABOVE® AEROBICS ROOM CHRISTA (22) 	9:00AM - 9:45AM CARDIO AEROBICS ROOM KATHY (20) 
10:00AM - 10:45AM STRETCH AEROBICS ROOM CHRISTA (20) 	10:00AM - 10:45AM STRENGTH & CONDITIONING AEROBICS ROOM TERI (20) 	10:00AM - 10:45AM CARDIO & DANCE AEROBICS ROOM MARCELLUS (24) 	10:00AM - 10:45AM STRETCH AEROBICS ROOM CHRISTA (20) 	10:00AM - 10:45AM MIND & BODY AEROBICS ROOM KATHY (20) 
11:30AM - 12:15PM ZUMBA AEROBICS ROOM JOLENE (20) 	11:00AM - 11:45AM YOGA AEROBICS ROOM ALEJANDRA (15) 			11:00AM - 11:45AM STRENGTH & CONDITIONING AEROBICS ROOM JOE (20) 

 Strength & Conditioning
 Cardio & Dance
 Mobility & Recovery
 See back for descriptions and class policies & guidelines

***UPDATED MAY 3RD, 2026**