



WINTER CLASS SCHEDULE

2023

START TIME	MON	TUE	WED	THU	FRI	SAT
5:05 AM	Strength Training	Barre Spin	Strength Training	Barre Spin	Strength Training	
6:00 AM	High Fitness Spin	HIIT Zumba	Cardio Fuse Spin	HIIT Zumba	High Fitness Spin	
6:30 AM		Spin		Spin		
7:00 AM	Surge Fit Pilates	Yoga	Surge Fit Pilates	Yoga	Surge Fit Pilates	Zumba Spin Surge Strength
8:00 AM	Tai Chi Yoga	Silver Sneakers Circuit Strength & Tone	Tai Chi Yoga	Silver Sneakers Circuit Strength & Tone	Tai Chi Yoga	Step Fitness Barre Kickboxing
8:30 AM		Spin		Spin		
9:00 AM	Zumba Barre Spin	Cardio & Tone	Zumba Barre Spin	Cardio & Tone	Zumba Barre Spin	High Fitness Spin Pumped Up Strength
9:30 AM	Kickboxing	High Fitness	Kickboxing	High Fitness	Kickboxing	
10:00 AM	Ball Pilates U-Jam	Yoga	High Fitness Pilates	Yoga	U-Jam Pilates	Yoga Adaptive Zumba Youth Fitness Training
11:00 AM	Silver Sneakers Classic	Zumba Gold	Silver Sneakers Classic	Zumba Gold	Silver Sneakers Classic	Family Fitness
4:00 PM	Youth Fitness Training	Kids Dance Fitness	Youth Fitness Training	Kids Dance Fitness		
5:00 PM		Pumped Up Strength		Strength Training		
6:00 PM	StepIt Barre	Zumba Spin Pre/Postnatal Fitness	Step Fitness Barre Tween Yoga	Zumba Spin Prenatal Yoga		
7:00 PM	Zumba HIIT Spin	Yoga Surge Strength Kickboxing	Zumba HIIT Spin	Yoga Surge Strength Kickboxing		
8:00 PM	U-Jam Power Yoga	High Fitness Barre	U-Jam Power Yoga	High Fitness Barre		

LEGEND: Large Studio Small Studio Spin Studio Multipurpose Room Downstairs Studios Fitness Floor