



Group Fitness Schedule



Winter 2019 January 7th – March 31st, 2019 IT'S A GROUP THING!

"Regular exercise promotes better mental functioning by improving cerebral blood flow. A growing body of research is helping doctors clarify the role of physical activity in the prevention of cognitive decline."
- Scientific American



Regular aerobic activity calms the body, so that it can handle more stress before the serious response involving heart rate and stress hormones kicks in. It raises the trigger point of the physical reaction.
- John J. Ratey MD

MONDAY

5:15 am	Group Blast	GFZone
6:05 am	Group Centergy	SpinZone
9:10 am	Aqua Spree	Main Pool
9:10 am	Sit 'N Sweat	SpinZone
9:15 am	Group Active	GFZone
10:15 am	Aqua Warm	WW Pool
10:15 am	Aqua Spree	Main Pool
11:00 am	Aqua Spree	Main Pool
10:15 am	Group Power	GFZone
11:30 am	Group Core	SpinZone
12:00 pm	Spinning®	SpinZone
4:40 pm	KidStrong	CoreZone
5:00 pm	Group Core	SpinZone
5:30 pm	Group Power	GFZone
5:30 pm	Spinning®	SpinZone
6:30 pm	Aqua Splash	Main Pool
6:30 pm	Group Fight	GFZone
6:30 pm	Group Centergy	SpinZone

TUESDAY

5:15 am	Group Power	GFZone
6:15 am	Spinning®	SpinZone
6:45 am	Strong	SpinZone
8:15 am	Spinning®	SpinZone
9:10 am	Aqua Splash	Main Pool
9:15 am	Group Centergy	SpinZone
10:15 am	Aqua Yoga	WW Pool
10:30 am	Tai Chi	SpinZone
10:45 am	Aqua MS	Main Pool
4:30 pm	Group Power	GFZone
5:30 pm	Aqua Zumba	Main Pool
5:30 pm	Gravity*	CoreZone
5:30 pm	Interval Training	GFZone
5:30 pm	Spinning® Orientation	SpinZone
5:40 pm	Spinning®	SpinZone
6:00 pm	KidFit	Courts
6:30 pm	Zumba	SpinZone
6:30 pm	Group Active	GFZone
6:30 pm	Group Core	CoreZone

CLASSES FREE WITH MEMBERSHIP

CLASS DESCRIPTIONS AVAILABLE SEPARATELY

WEDNESDAY

5:15 am	Spinning®	SpinZone
5:15 am	Group Active	GFZone
6:05 am	Group Centergy	SpinZone
8:15 am	Aqua Splash	Main Pool
9:10 am	Sit 'N Sweat	SpinZone
9:15 am	Group Blast	GFZone
10:05 am	Beginner Tai Chi	SpinZone
10:15 am	Aqua Warm	WW Pool
10:15 am	Group Power	GFZone
10:15 am	Aqua Spree	Main Pool
11:00 am	Aqua Spree	Main Pool
11:30 am	Group Core	SpinZone
12:00 pm	Spinning®	SpinZone
5:00 pm	Group Core	SpinZone
5:30 pm	Group Power	GFZone
5:30 pm	Spinning®	SpinZone
6:30 pm	Aqua Splash	Main Pool
6:30 pm	Group Fight	GFZone
6:30 pm	Group Centergy	SpinZone

FRIDAY

5:15 am	Spinning®	SpinZone
5:15 am	Group Fight	GFZone
6:15 am	Group Core	GFZone
8:15 am	Aqua Splash	Main Pool
9:10 am	Sit 'N Sweat	SpinZone
9:15 am	Group Active	GFZone
10:15 am	Group Power	GFZone
10:15 am	Aqua Spree	Main Pool
11:00 am	Aqua Spree	Main Pool
11:30 am	Group Core	SpinZone
12:00 pm	Spinning®	SpinZone
5:30 pm	Group Core	SpinZone

SUNDAY

8:15 am	Spinning®	SpinZone
9:15 am	Group Centergy	SpinZone

Main Pool Breaks

The Main Pool Closes for 10 minutes daily at:
7 am, 10am, 2 pm, 5 pm, 8 pm

CLASSES FREE WITH MEMBERSHIP

THURSDAY

5:15 am	Group Power	GFZone
6:15 am	Spinning®	SpinZone
6:45 am	Strong	SpinZone
8:15 am	Spinning®	SpinZone
9:10 am	Aqua Splash	Main Pool
9:15 am	Group Centergy	SpinZone
10:15 am	Aqua Yoga	WW Pool
10:30 am	Tai Chi	SpinZone
10:45 am	Aqua MS	Main Pool
4:30 pm	Group Power	GFZone
5:30 pm	Aqua Zumba	Main Pool
5:30 pm	Gravity*	CoreZone
5:30 pm	Group Blast	GFZone
5:30 pm	Spinning® Orientation	SpinZone
5:40 pm	Spinning®	SpinZone
6:30 pm	Zumba	SpinZone
6:30 pm	Boot Camp	GFZone

SATURDAY

7:10 am	Spinning®	SpinZone
8:00 am	Group Blast	GFZone
8:00 am	Spinning®	SpinZone
8:00 am	Aqua Zumba	Main Pool
9:00 am	Zumba	SpinZone
9:00 am	Group Power	GFZone
9:00 am	Group Core	CoreZone
10:00 am	Group Centergy	SpinZone
10:00 am	Group Fight	GFZone

*Please sign up for Gravity at the Front Desk
Space is Limited

Family Swim Times

Children under 14 permitted with adult...

Monday:	1:00-5:00 pm, 7:30-9:30 pm
Tuesday:	1:00-5:00 pm, 7:30-9:30 pm
Wednesday:	1:00-5:00 pm, 7:30-9:30 pm
Thursday:	1:00-5:00 pm, 6:30-9:30 pm
Friday:	1:00-5:00 pm, 6:30-9:30 pm
Saturday:	12:00-6:30 pm
Sunday:	9:00 am-6:30 pm

CLASS DESCRIPTIONS AVAILABLE SEPARATELY