



Group Fitness Schedule



Fall II-2018

October 29th, - January 6th, 2019

IT'S A GROUP THING!



MONDAY

5:15 am	Spinning®	SpinZone
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	Slow Flow Yoga* <small>See note</small>	SpinZone
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
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

*No Slow Flow Yoga 11/05/18 through 11/26/18

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
6:30 pm	Zumba	SpinZone
6:30 pm	Group Active	GFZone
6:30 pm	Group Core	CoreZone

WEDNESDAY

5:15 am	Spinning®	SpinZone
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	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	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

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