

# SUMMER 2023

## GROUP X FITNESS SCHEDULE



**EFFECTIVE**  
5/25/2023

	MON	TUE	WED	THUR	FRI	SAT
7:00 AM			CYCLE SPIN ROOM			
8:00 AM						KETTLE BELL SPEED ROOM <i>Additional Class Fee</i>
9:00 AM	SILVER SNEAKER GYM	LOW IMPACT AEROBICS ROOM 112	SILVER SNEAKER GYM	BODY WORKS ROOM 112	SILVER SNEAKER GYM	ZUMBA ROOM 102
			CARDIO KICKBOXING ROOM 102			
10:00 AM		PILATES ROOM 112		MIND BODY & RELAXATION ROOM 112		
11:00 AM					BOX & BURN CARDIO KICKBOXING SPEED CENTER	
6:00 PM	BOOTCAMP ROOM 102	ABS AND GLUTES ROOM 102		GIRLS FLEX ROOM 102 <i>NEW!! Starts in JUNE</i>		
6:30 PM		POWER SPIN SPIN ROOM				
7:00 PM		STRETCH & STRETCH ROOM 102 <i>NEW!! Starts in JUNE</i>		ZUMBA ROOM 102 <i>NEW!! Starts in JUNE</i>		
				BEGINNER / INTERMEDIATE HIP HOP ROOM 112		
7:30 PM	SIT & BE FIT ROOM 102					

All classes are accessible with a fitness membership unless otherwise indicated with "Additional Class Fee". All classes are 60 minutes in length, members are responsible for their own hydration. Exercise mats and fitness equipment will be provided, unless it's a specialty class i.e. Kettle bell.

