

GROUP FITNESS CLASS SCHEDULE – WINTER 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|--|---|
| Cardio FIT 9:00am – 10:00am KRISTA (Gym) | | Strength FIT 9:00am – 10:00am KRISTA (Gym) | Strength GOLD 9:00am – 10:00am MARY (Gym) | Zumba 9:00am – 10:00am DIANE (Hall A) | FIT Variety 9:15am – 10:15am PRESTON (Gym) |
| Chair Yoga 9:00am – 10:00am ANDRE (Hall A) | Strength & Balance 9:00am – 10:00am YURI (Gym) | Zumba GOLD 9:00am – 10:00am JOSIANNE (Hall A) | Zumba Toning 9:00am – 10:00am JUDY K. (Jan. 9) JOSIANNE (Hall A) | Strength & Balance GOLD 9:00am – 10:00am JUDY B. (Gym) | |
| Cardio GOLD 10:15am – 11:15am KRISTA (Gym) | Cardio GOLD 10:15am – 11:15am YURI (Gym) | Cardio GOLD 10:15am – 11:15am KRISTA (Gym) | All Stretch 10:15am – 11:15am MARY (Hall A) | Zumba GOLD 10:15am – 11:15am FRANCINE (Hall A) | |
| Stability Ball Strength & Stretch 11:15am – 12:15pm KRISTA (Gym) | | Stretch & Balance 11:15am – 12:15pm KRISTA (Gym) | | Strength & Balance GOLD 10:15am – 11:15am JUDY B. (Gym) | |
| Strength FIT 6:00pm – 7:00pm NIKKI (Gym) | *NEW* Cardio and Tone 6:00pm – 7:00pm NIKKI (Gym) | Tabata 6:00pm – 7:00pm LINDSAY (Gym) | Step Aerobics 6:00pm – 7:00pm LILIYA (Gym) | | |

All class formats are subject to change based on instructor availability.