

Group Fitness & Rec Sport (Ages 18+)

Time	Program	Room
MONDAY		
6:00 - 7:00 am	Bars and Plates	BTS
8:30 - 9:00 am	Aqua Yoga	PP
9:15 - 10:00 am	Aqua Fit - Parent & Tot	RMP
9:15 - 10:00 am	Boot Camp	Gym 1
9:15 - 10:00 am	Cycle Fit	BTS
10:30 - 11:30 am	Mat Pilates	BTS
12:15 - 1:00 pm	Cycle Fit	BTS
1:30 - 2:15 pm	Kettle Bell - Ready to be Fit ❤️	BTS
4:45 - 5:30 pm	Cycle/Pilates	BTS
5:45 - 6:30 pm	Kettle Bell	BTS
6:30 - 7:30 pm	Family Bollywood	UWR
7:30 - 8:15 pm	Aqua Fit	RMP
8:00 - 9:00 pm	Karate	BTS

Time	Program	Room
TUESDAY		
6:15 - 6:45 am	HIIT	BTS
9:15 - 10:00 am	Cycle Fit	BTS
9:15 - 10:00 am	Aqua Jog	RMP
10:30 - 11:30 am	Yoga	BTS
12:15 - 1:00 pm	Cycle Fit	BTS
1:30 - 2:15 pm	Core Strength and Stretch - Ready to be Fit ❤️	BTS
5:00 - 5:30 pm	HIIT	BTS
5:45 - 6:30 pm	Cycle Fit	BTS
6:30 - 7:30 pm	Handball-Beginner	SFC/KMKC
7:30 - 9:30 pm	Drop in Handball	SFC/KMKC
7:30 - 8:15 pm	Aqua Fit	RMP
7:45 - 8:45 pm	Body Blast	BTS

Time	Program	Room
WEDNESDAY		
6:00 - 6:45 am	Cycle Fit	BTS
9:15 - 10:00 am	Aqua Jog	RMP
9:15 - 10:00 am	Kettle Bell	BTS
10:30 - 11:15 am	Cycle Fit	BTS
12:15 - 1:00 pm	Yoga Pilates Fusion	BTS
1:30 - 2:30 pm	Gentle Yoga - Ready to be Fit ❤️	BTS
5:15 - 6:15 pm	Bars and Plates	BTS
6:30 - 7:30 pm	Bollywood	UWR
6:30 - 7:30 pm	Women on Weights (WOW)	BTS
8:00 - 9:00 pm	Karate	BTS

New Program: Intro To Circus Arts

Introducing kids to core tumbling, balance, and circus skills such as juggling, poi spinning, partner acrobatics and more. Students develop strength, hand-eye-foot coordination, physical literacy, spatial awareness, and confidence in a fun and playful class setting.

Open Gymnasium Schedule

Day	Gym	Gym 1
MON	5:00 - 9:00 am 5:00 - 9:45 pm	12:00 - 8:00 pm
TUES	5:00 - 9:00 am 7:00 - 9:45 pm	12:00 - 6:45 pm
WED	5:00 - 9:00 am 8:00 - 9:45 pm	12:00 - 8:00 pm
THURS	5:00 - 9:00 am 8:00 - 9:45 pm	12:00 - 7:00 pm
FRI	5:00 - 9:00 am	10:00 am - 6:00 pm 8:00 - 8:45 pm
SAT	6:00 - 9:00 am 4:00 - 8:45 pm	11:00 am - 1:00 pm
SUN	6:00 - 9:00 am 2:00 - 8:45 pm	1:00 - 2:00 pm

Time	Program	Room
THURSDAY		
6:15 - 6:45 am	HIIT	BTS
9:15 - 10:00 am	Cycle/Pilates	BTS
9:15 - 10:00 am	Aqua Jog	RMP
10:30 - 11:30 am	Yoga	BTS
12:15 - 1:00 pm	Cycle Fit	BTS
1:30 - 2:15 pm	Ball Fit - Ready to be Fit ❤️	BTS
5:00 - 5:45 pm	Cycle Fit	BTS
6:00 - 6:30 pm	HIIT	BTS
7:30 - 8:15 pm	Aqua Jog	RMP
7:45 - 8:45 pm	Body Blast	BTS

Time	Program	Room
FRIDAY		
6:00 - 7:00 am	Ball Fit	BTS
9:15 - 10:00 am	Aqua Fit - Parent & Tot	RMP
9:15 - 10:00 am	Cycle Fit	BTS
9:15 - 9:45 am	HIIT	CFT
10:30 - 11:30 am	Bars & Plates	BTS

Time	Program	Room
SATURDAY		
9:15 - 10:00 am	Cycle Fit	BTS
10:00 - 11:00 am	Active Families	Gym 1
10:45 - 11:45 am	Boot Camp	BTS

Time	Program	Room
SUNDAY		
8:30 - 9:00 am	Aqua Yoga	PP
9:30 - 9:50 am	Guided Meditation	BTS
10:00 - 10:45 am	Yoga	BTS
11:00 - 11:45 am	Cycle Fit	BTS
2:00 - 3:00 pm	YogAlign	BTS