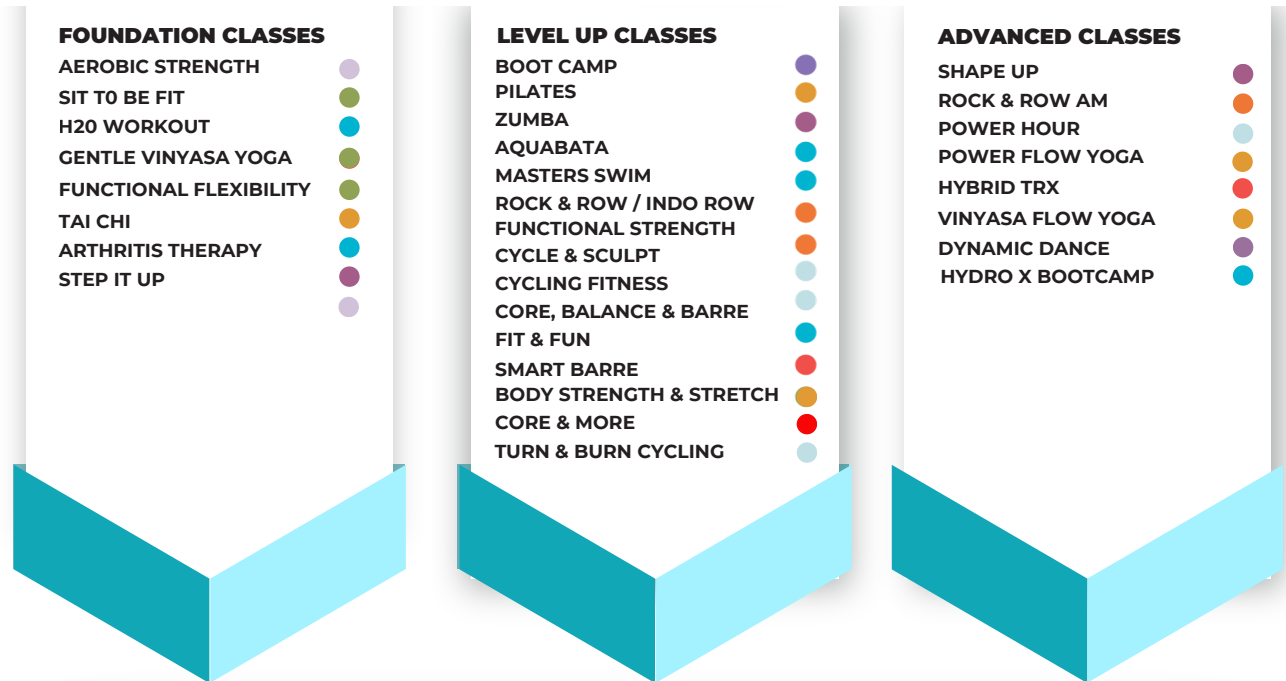


Start Your Fitness Journey Here

Choose the path that best suits you:



Choose your modality:

STRENGTH & CARDIO COMBO

- BOOT CAMP
- AEROBIC STRENGTH
- CYCLE & SCULPT

STRENGTH TRAINING

- CORE & MORE
- FIT & FUN
- HYBRID TRX
- BODY STRENGTH & STRETCH
- FUNCTIONAL STRENGTH
- FORGE

CARDIO DANCE

- SHAPE UP
- ZUMBA
- DYNAMIC DANCE

CYCLING

- POWER HOUR
- TURN & BURN CYCLING
- CYCLING FITNESS

ROWING

- ROCK & ROW
- INDO ROW

FUNCTIONAL / ACTIVE AGING

- FUNCTIONAL FLEXIBILITY
- SIT TO BE FIT
- SMART BARRE

MIND / BODY RECOVERY

- PILATES
- TAI CHI
- GENTLE VINYASA YOGA
- VINYASA FLOW YOGA
- POWER FLOW YOGA

AQUA

- H2O WORKOUT
- MASTERS SWIM
- AQUABATA
- ARTHRITIS THERAPY
- HYDRO X BOOTCAMP
- CORE, BALANCE & BARRE

= Indicates an all cardio class

Coordinate your modality with class time:



CreateHealthy
WELLNESS CENTER

Group Fitness Schedule

APRIL 2026

INDICATES
NEW CLASS!


MAT
REQUIRED


MON	TUE	WED	THU	FRI	SAT
CYCLE & SCULPT Heidi 5:15a - 6:00a Cycle Studio	BOOT CAMP Kris 5:15a - 6:00a Multi Purpose Studio	CYCLE & SCULPT Julie 5:15a - 6:00a Cycling Studio	ROCK & ROW Kris 5:15a - 6:00a Multi Purpose Studio		
	FISD PRACTICE 5:30a - 7:00a Fitness Pool Lanes 3 & 4		FISD PRACTICE 5:30a - 7:00a Fitness Pool Lanes 3 & 4		
AEROBIC STRENGTH Kim B. 7:30a - 8:30a Multi Purpose Studio	CORE & MORE Shannon 7:30a - 8:00a Multi Purpose Studio	AEROBIC STRENGTH Kim B. 7:30a - 8:30a Cycling Studio	CORE & MORE Shannon 7:30a - 8:00a Multi Purpose Studio	AEROBIC STRENGTH Kim B. 7:30a - 8:30a Multi Purpose Studio	
BODY STRENGTH & STRETCH Gina 8:45a - 9:30a Multi Purpose Studio	POWER HOUR Shannon 8:15a - 9:15a Cycling Studio	HYBRID TRX Lindsay 8:20a - 9:20a Multi Purpose Studio	POWER HOUR Shannon 8:15a - 9:15a Cycling Studio		
CORE, BALANCE & BARRE Felicia 8:30a - 9:30a Fitness Pool Lanes 1-3	H2O WORKOUT Felicia 8:30a - 9:30a Fitness Pool Lanes 3-4	H2O WORKOUT Diane 8:30a - 9:30a Fitness Pool Lanes 1-3	H2O WORKOUT Diane 8:30a - 9:30a Fitness pool Lanes 1-3	H2O WORKOUT Tom 8:30a - 9:30a Fitness pool Lanes 1-3	INDO ROW Heidi 8:30a - 9:00a Multi Purpose Studio
ZUMBA AM Lindsay 8:30a - 9:15a Mind Body Studio			GENTLE VINYASA YOGA Dana-Marie 8:30a - 9:15a Mind Body Studio	ZUMBA Laura F 8:45a - 9:30a Mind Body Studio	CYCLING FITNESS Heidi 9:15a - 10:00a Cycle Studio
	FUNCTIONAL FLEXIBILITY Shannon 9:30a - 10:30a Multi Purpose Studio		FUNCTIONAL FLEXIBILITY Shannon 9:30a - 10:30a Multi Purpose Studio		
SHAPE UP Shannon 10:00a - 11:00a Multi Purpose Studio	ARTHRITIS THERAPY Diane 9:30a - 10:30a Warm Water Pool	SHAPE UP Shannon 10:00a - 11:00a Multi Purpose Studio	ARTHRITIS THERAPY Diane 9:30a - 10:30a Warm Water Pool	SHAPE UP Shannon 10:00a - 11:00a Multi Purpose Studio	
SIT TO BE FIT Kim T. 10:15 - 11:15a Mind Body Studio	FIT & FUN Laura 9:45a - 10:45a Mind Body Studio	SIT TO BE FIT Kim T. 10:15 - 11:15a Mind Body Studio	FIT & FUN Laura 9:45a - 10:45a Mind Body Studio	SIT TO BE FIT Kim T. 10:15 - 11:15a Mind Body Studio	
PILATES Kim T. 11:30a - 12:30p Mind Body Studio	MASTER SWIM Shannon Mistr 11:00a - 12:00p Fitness Pool Lanes 2-4	BODY STRENGTH & STRETCH Gina 11:15a - 12:00p Multi Purpose Studio	MASTER SWIM Shannon Mistr 11:00a - 12:00p Fitness Pool Lanes 2-4	BODY STRENGTH & STRETCH Gina 11:15a - 12:00p Multi Purpose Studio	
	TAI CHI Diane 11:00a - 11:45a Mind Body Studio	PILATES Kim T. 11:30a - 12:30p Mind Body Studio	TAI CHI Diane 11:00a - 11:45a Mind Body Studio	PILATES Kim T. 11:30a - 12:30p Mind Body Studio	
	PHYSICAL THERAPY Warm Water Pool reserved 12:00p - 2:00p		PHYSICAL THERAPY Warm Water Pool reserved 12:00p - 2:00p		
	SMART BARRE Kim T. 1:30p - 2:15p Mind Body Studio		SMART BARRE Kim T. 1:30p - 2:15p Mind Body Studio		
	SIT TO BE FIT Lisa 2:30p - 3:30p Mind Body Studio	FUNCTIONAL FLEXIBILITY Shannon 3:00p - 4:00p Multi Purpose Studio	SIT TO BE FIT Lisa 2:30p - 3:30p Mind Body Studio		
SWIM TEAM PRACTICE Fitness Pool CLOSED 4:00p - 5:30p	SWIM TEAM PRACTICE Fitness Pool CLOSED 4:00p - 5:30p	SWIM TEAM PRACTICE Fitness Pool CLOSED 4:00p - 5:30p	SWIM TEAM PRACTICE Fitness Pool CLOSED 4:00p - 5:30p	SWIM TEAM PRACTICE Fitness Pool CLOSED 4:00p - 5:30p	
VINYASA FLOW YOGA Christin/Sondra 5:15p - 6:15p Mind Body Studio		YOUTH PROGRAMMING Warm Water Pool CLOSED 4:00p - 5:00p			
FUNCTIONAL STRENGTH Caitlin 5:15p - 6:00p Multi Purpose Studio	YOUTH PROGRAMMING Ashley 4:00p - 5:00p Multi Purpose Studio	CYCLE & SCULPT Heidi 5:30p - 6:30p Cycle Studio			
AQUABATA Lisa Davenport 5:45p - 6:30p Fitness pool Lanes 1-2	POWER FLOW YOGA Lisa-Marie 5:30p - 6:15p Mind Body Studio	AQUABATA Lisa Davenport 5:45p - 6:30p Fitness pool Lanes 1-2	HYDRO X BOOTCAMP Jacob Q 5:45p - 6:30p Fitness pool Lanes 1-2		
TURN & BURN CYCLING Caitlin 6:15p - 6:45p Cycle Studio	ROCK & ROW Julie 5:30p - 6:15p Multi Purpose Studio	FORGE STRENGTH Alex 6:00p - 6:45p Multi Purpose Studio	ZUMBA Laura F 6:30p - 7:15p Mind Body Studio		
Dynamic Dance Casey 6:30p - 7:30p Mind Body Studio	ZUMBA Laura F 6:30p - 7:15p Mind Body Studio	Dynamic Dance Casey 6:30p - 7:30p Mind Body Studio			

Special Events

FISD Swim Practice
Tuesdays & Thursdays
5:30a - 7:00a
Lanes 3 & 4

Group Fitness Descriptions

 = Indicates mat is required for this class

 = Indicates an all cardio class



AEROBIC STRENGTH

This total-body strength & cardiovascular training is a great way to start your day! Strengthen your body with proper technique for functional fitness. You can keep the intensity low or pump it up for the ultimate workout.



ARTHRITIS THERAPY

This warm water class is designed for those with arthritis who want to control pain and improve mobility, flexibility and general movements.



BODY STRENGTH & STRETCH

This 45-minute class is designed to strengthen and build all major muscle groups, while also incorporating core work and stretching for a balanced workout. Choose your preferred weight—or go weight-free—and enjoy the supportive camaraderie of a group fitness environment.



BOOT CAMP

Jump start your day with this high-energy variety hour that will kick your body and challenge you to new levels of fitness! Boot camp classes are held indoors & outdoors.



CORE, BALANCE & BARRE

Power up your water aerobics routine with this high intensity class. Increase your postural strength, alignment, flexibility, and balance.



CORE & MORE

Hit those abdominal and back muscles with this short and sweet core workout! Flex, extend, rotate and stabilize the body to create a stronger center for every functional movement.



TURN & BURN CYCLING

Ready to roll into fitness? Whether you're brand new to cycling or just getting back in the saddle, join us for a high-energy, low-pressure cycling class designed for those who want to get moving, build endurance, and have a blast doing it! Each **30-minute** session is packed with upbeat music, easy-to-follow routines, and motivational coaching to keep you smiling while you sweat.



CYCLE & SCULPT

Mix it up with indoor group cycling intervals and strength training intervals. Get your cardio and strength training in this one high intensity hybrid class if you are short on time!



CYCLING FITNESS

This cardiovascular class on our indoor stationary bikes is always a great workout. Indoor cycling is a great training ground for outdoor cyclists & fitness enthusiasts alike. Located in the Cycling Studio.



DYNAMIC DANCE

A high energy class designed for those that enjoy dancing and learning new challenging, intricate dance movements/skills executed with artistic expression. This class will provide a fun, energetic, and empowering experience for anyone who loves music, while expressing yourself through dance.



FIT & FUN

This cardio toning class is designed for all levels of fitness. We will improve your cardiovascular condition and strengthen your muscles while improving your flexibility and balance. You will get fit and have fun!



FORGE STRENGTH

Forge is where strength and hypertrophy meet intelligent programming. This class emphasizes compound movements paired with targeted muscle-building volume. You'll train with intent, learn proper loading strategies, and develop strength that carries over to both performance and physique.



FUNCTIONAL FLEXIBILITY

This mat class focuses on full range of motion and flexibility improvement through static and dynamic stretching. Blocks, straps, foam rollers and tennis balls will be used to assist in stretching, balance and self-myofascial release. You will get fit and have fun!



FUNCTIONAL STRENGTH

Functional Strength class uses compound, multi-joint exercises to train your body for movements you perform in daily life such as lifting, bending and rotating. Unlike traditional weightlifting which often isolates specific muscles, this class builds usable, whole-body strength to improve your overall balance, coordination and mobility. You will use multiple joints and muscle groups at once, which increases your overall caloric burn and builds real-world strength more effectively. The focus is on proper movement patterns and control. Exercises can be modified to suit different fitness levels, making the class accessible for everyone from beginners to athletes.



GENTLE VINYASA YOGA

We learn breath work and incorporate it into movement to create heat and release stress in the body. We also challenge the body with balance and core work allowing everyone to push their edge in a safe environment, creating a healthier and happier you. Finally wind down and relax with a mini restorative shavasana session. This class is for yogis of all levels.



HYBRID TRX

A combination of strength, cardio & core using the TRX suspension straps. Your body weight becomes your resistance as you work against gravity to control each movement. This is a high energy class that incorporates different exercises that will keep you moving!



H2O WORKOUT

These classes combine a variety of aerobic movement with intervals of resistance training in the Fitness Pool. Water noodles, aqua dumbbells, aqua steps, medicine balls and resistance bands are used to challenge participants. Deep water is held off campus, and is an advanced class.



HYDRO X BOOTCAMP

HYDRO X isn't your average pool workout! It's a high-intensity mashup of explosive cardio, pool deck strength circuits and swimming, designed to torch calories so you can build psoer, and test your grit. Water meets HIIT resistance, endurance and row strength all in one. You'll get wet, you'll get breathless, and you'll walk out stronger.



AQUABATA

This is a high-intensity interval training (HIIT) class performed in the water, designed to provide a full-body workout while being exceptionally easy on the joints. It's Tabata in the water! Take the plunge with Aquabata!



INDO ROW

This indoor rowing class is "the perfect calorie burn!" Designed around elements in real row training & racing, instructors will lead you through skills & drills, wave workouts & racing.



MASTERS SWIM

This workout is designed to improve stroke technique, speed and fitness level for both athletes and fitness enthusiasts.



PILATES

Progressive series of floor movements will strengthen the core muscles of the abdomen, lower back and pelvic area. Increase strength, flexibility and balance of the entire body, focusing on breathing and mindful movement.



POWER HOUR

Intense indoor cycling in a group setting will motivate you to achieve your personal fitness goals! This indoor cycling class is a great training ground for outdoor cyclists!



POWER FLOW YOGA

A fast paced flow incorporating breath that focuses on building strength, stability, flexibility, and confidence. Previous yoga experience is not required but recommended. Modifications make this class enjoyable and beneficial for all levels!



ROCK & ROW

This class combines basic IndoRow intervals & strength training in a circuit format that will keep your muscles guessing!



SHAPE UP

This high-energy cross-training class incorporates cardiovascular conditioning, strength training and stretching. Fun and variety are the keys to sticking with your fitness regimen. This is the only place in town to offer advanced step aerobics.



SIT TO BE FIT

This social class is designed for those wanting to remain active and enjoy a complete, non impact workout. A combination of cardio, toning, balance and stretching moves are included in each class. All exercises are performed while sitting in a chair or using it as a balance tool.



SMART BARRE

This class incorporates lower body and core strengthening moves which will improve balance and protect and improve bone density. This class will also give you improvements in posture, flexibility, and breath control. Using the ballet barre and other small equipment, you will be challenged to be more functionally fit with a strong and beautifully aligned body.



TAI CHI

In this low-impact class, you'll learn slow, intentional Tai Chi sequences that gently improve posture, balance, flexibility, and joint health. Perfect for individuals managing arthritis or seeking a gentle form of exercise. The practice also encourages mindfulness and relaxation, supporting better mood, reduced anxiety, and overall mental resilience.



VINYASA FLOW YOGA

In this steady-paced, warm, class, we will connect our breath and movement together to create a sequence that "flows." We combine strength, stretching, core work, and balance together to help you leave the class feeling invigorated and relaxed. All levels welcome. Don't forget your water bottle!



ZUMBA

This is a high energy aerobic dance class that is easy to follow, gets your heart pumping, and calories burning. In this class you will experience choreography from different Latin rhythms such as Salsa, Merengue, Bachata, and much more from around the world.