

Start Your Fitness Journey Here

Choose the path that best suits you:

FOUNDATION CLASSES

AEROBIC STRENGTH
SIT TO BE FIT
H2O WORKOUT
GENTLE VINYASA YOGA
FUNCTIONAL FLEXIBILITY
TAI CHI
ARTHRITIS THERAPY
AQUABATA

LEVEL UP CLASSES

KICKBOX STRENGTH
BOOT CAMP
PILATES
ZUMBA
DEEP WATER AQUABATA
ROCK & ROW / INDO ROW
FUNCTIONAL STRENGTH
CYCLE & SCULPT
CYCLING FITNESS
CORE BALANCE LAB
FIT & FUN
SMART BARRE
BODY STRENGTH & STRETCH
CORE & MORE
RAPID ROW 30
deFINE

ADVANCED CLASSES

SHAPE UP
ROCK & ROW AM
POWER HOUR
MASTERS SWIM
HYBRID TRX
VINYASA FLOW YOGA
DYNAMIC DANCE

Choose your modality:

STRENGTH & CARDIO

BOOT CAMP
AEROBIC STRENGTH
CYCLE & SCULPT
KICKBOX STRENGTH
TOTAL BODY CIRCUIT

STRENGTH TRAINING

CORE & MORE
FIT & FUN
HYBRID TRX
FUNCTIONAL STRENGTH
deFINE

CARDIO DANCE

SHAPE UP
ZUMBA
DYNAMIC DANCE

CYCLING

POWER HOUR
CYCLING FITNESS

ROWING

ROCK & ROW
INDO ROW
RAPID ROW 30

FUNCTIONAL / ACTIVE AGING

FUNCTIONAL FLEXIBILITY
SIT TO BE FIT
SMART BARRE

MIND / BODY RECOVERY

PILATES
TAI CHI
RESTORATIVE YOGA
VINYASA FLOW YOGA

AQUA

H2O WORKOUT
MASTERS SWIM
AQUABATA
ARTHRITIS THERAPY
CORE BALANCE LAB



= Indicates an all cardio class

Coordinate your modality with class time:



CreateHealthy
WELLNESS CENTER

Group Fitness Schedule

OCTOBER 2026

INDICATES
NEW CLASS!



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 Julie 5:15a - 6:00a Multi Purpose Studio		
	CORE & MORE Shannon 7:30a - 8:00a Multi Purpose Studio		CORE & MORE Shannon 7:30a - 8:00a Multi Purpose Studio		
AEROBIC STRENGTH Kim B. 7:30a - 8:30a Multi Purpose Studio	deFINE Lindsay 8:15a - 9:00a Mind Body Studio	AEROBIC STRENGTH Kim B. 7:30a - 8:30a Cycling Studio		AEROBIC STRENGTH Kim B. 7:30a - 8:30a Multi Purpose Studio	
HYBRID TRX Lindsay 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 LAB Felicia 8:30a - 9:30a Fitness pool Lanes 1-3	H2O WORKOUT Felicia 8:30a - 9:30a Fitness pool Lanes 1-3	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 Lindsay/Tom 8:30a - 9:30a Fitness pool Lanes 1-3	INDO ROW Heidi 8:30a - 9:00a Multi Purpose Studio
	BRIDGE AQUATIC ARTHRITIS THERAPY Diane 9:30a - 10:30a Warm Pool RESERVED	BRIDGE CORE FOR A HEALTHY BACK Shannon M 9:00a - 9:30a Mind Body Studio	BRIDGE AQUATIC ARTHRITIS THERAPY Diane 9:30a - 10:30a Warm Pool RESERVED		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	FIT & FUN Laura 9:45a - 10:45a Mind Body Studio	SHAPE UP Shannon 10:00a - 11:00a Multi Purpose Studio	FIT & FUN Laura 9:45a - 10:45a Mind Body Studio	SHAPE UP Shannon 10:00a - 11:00a Multi Purpose Studio	
SIT TO BE FIT Kim T. 10:15a - 11:15a Mind Body Studio	MASTERS SWIM Shannon H 11:00a - 12:00p Fitness Pool Lanes 3&4	SIT TO BE FIT Kim T. 10:15a - 11:15a Mind Body Studio	MASTERS SWIM Shannon H 11:00a - 12:00p Fitness Pool Lanes 3&4	SIT TO BE FIT Kim T. 10:15a - 11:15a Mind Body Studio	
FUNCTIONAL STRENGTH Shannon M 11:15a - 12:00p Multi Purpose Studio	TAI CHI Diane 11:00a - 11:45a Mind Body Studio	FUNCTIONAL STRENGTH Caitlin/Shannon 11:15a - 12:00p Multi Purpose Studio	TAI CHI Diane 11:00a - 11:45a Mind Body Studio	FUNCTIONAL STRENGTH Caitlin 11:15a - 12:00p Multi Purpose Studio	
PILATES Kim T. 11:30a - 12:30p Mind Body Studio		PILATES Kim T. 11:30a - 12:30p Mind Body Studio		PILATES Kim T. 11:30a - 12:30p Mind Body Studio	
BRIDGE FUNCTIONAL STRENGTH & MOVEMENT Shannon M 12:15p - 12:45p Multi Purpose Studio	PHYSICAL THERAPY Warm Water Pool reserved 12:00p - 2:00p		PHYSICAL THERAPY Warm Water Pool reserved 12:00p - 2:00p		
BRIDGE BALANCE TRAINING Kim T. 1:00p - 1:30p Mind Body Studio	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		
	YOUTH PROGRAMMING 4:00p - 5:00p Multi Purpose Studio	YOUTH PROGRAMMING 4:00p - 5:00p Warm Water Pool Pool Reserved	YOUTH PROGRAMMING 4:00p - 5:00p Multi Purpose Studio		
TOTAL BODY CIRCUIT Caitlin 5:15p - 6:00p Multi Purpose Studio		TOTAL BODY CIRCUIT Caitlin 5:15p - 6:00p Multi Purpose Studio	RESTORATIVE YOGA Dana-Marie 4:00p - 4:45p Mind Body Studio		
VINYASA FLOW YOGA Christin/Sondra 5:15p - 6:15p Mind Body Studio		CYCLE & SCULPT Heidi 5:30p - 6:30p Cycle Studio			
AQUABATA Lisa 5:30p - 6:15p Fitness pool Lanes 1&2		AQUABATA Lisa 5:30p - 6:15p Fitness pool Lanes 1&2			
RAPID ROW 30 Caitlin 6:15p - 6:45p Multi Purpose Studio	ROCK & ROW Julie 5:30p - 6:15p Multi Purpose Studio		KICKBOX STRENGTH Heidi 5:30p - 6:15p Multi Purpose Studio		
Dynamic Dance Casey 6:30p - 7:30p Mind Body Studio	ZUMBA Laura F 6:30p - 7:30p Mind Body Studio	Dynamic Dance Casey 6:30p - 7:30p Mind Body Studio			

The Mind Body Studio will be closed intermittently starting **October 2**. The affected classes will be relocated to an alternative studio in the Wellness Center.

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 booty 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.



RAPID ROW 30

Rapid Row 30 is our signature high-efficiency, low-impact indoor rowing class designed for your busiest days. This fast-paced session leverages the power of the indoor rower to activate 85% of your body's muscles simultaneously. By synchronizing strength and cardio, you'll maximize your calorie burn and skyrocket your cardiovascular endurance without putting harsh stress on your joints.



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!



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!



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. 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.



KICKBOX STRENGTH

A high-energy, full-body workout that blends cardio kickboxing with functional strength training. This class is designed to elevate your heart rate while building lean muscle, using a combination of powerful punches, kicks, and controlled dumbbell movements



RESTORATIVE YOGA

Life moves fast. Restorative Yoga gives you permission to slow down. This gentle class uses supported poses, deep breathing, and relaxation techniques to help reduce stress, ease muscle tension, improve flexibility, and promote overall well-being. The practice is primarily floor-based, allowing you to fully relax and restore. However, modifications are always available, and a chair can be used if getting down to or up from the floor is difficult. Perfect for beginners AND active adults.



TOTAL BODY CIRCUIT

Total Body Circuit is a high-energy, fast-paced group workout designed to maximize your time and results. This class combines strength training and cardiovascular intervals into an efficient circuit format, moving you quickly from one exercise to the next with minimal rest. By targeting every major muscle group, you will build lean muscle, torch calories, and boost your endurance all in one action-packed session. Whether you are looking to break through a fitness plateau or find a fun, dynamic routine, this class offers a challenging yet scalable workout for all fitness levels.



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.



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 swimming workout is designed to improve stroke technique for competitive strokes: freestyle, breaststroke, backstroke, and butterfly. We focus on speed, endurance, and skill each week. This class is for both athletes and fitness swimmers.



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!



deFINE

deFINE is an energetic, music-driven class that combines barre, Pilates, reformer-style movement, and core training into one dynamic workout. Using the barre, resistance bands, weights, bender balls, and other equipment, you'll build strength, improve balance, increase flexibility, and strengthen your core. No reformer machines are needed, just your body and a willingness to move! No experience necessary.



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.



SUMMER CYCLING SERIES

This high-energy indoor cycling class is a music-driven, low-impact, high-intensity workout designed to build endurance and strength while torching hundreds of calories in a single session. By riding to the beat of an energizing, hand-picked playlist, you will be guided through a series of intervals, including simulated hill climbs, all-out sprints, and flat-road runs.



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

This Vinyasa Flow class offers a total-body workout that blends strength, cardio, and mobility into one dynamic practice. Linking breath with continuous movement, the class is designed to build muscular strength, improve flexibility, enhance balance, and elevate the heart rate—all in a mindful, purposeful way. Expect energizing sequences, functional core work, and standing flows that challenge endurance while supporting joint health and overall mobility. Thoughtful transitions keep the body moving and engaged, while options and modifications allow you to scale intensity as needed. You'll leave feeling worked, energized, and balanced—stronger in both body and mind.



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.

For more information about the
BRIDGE program, please see
the front desk!