

GROUP FITNESS CLASSES

FALL 2024

MONDAY

TUESDAY

WEDNESDAY

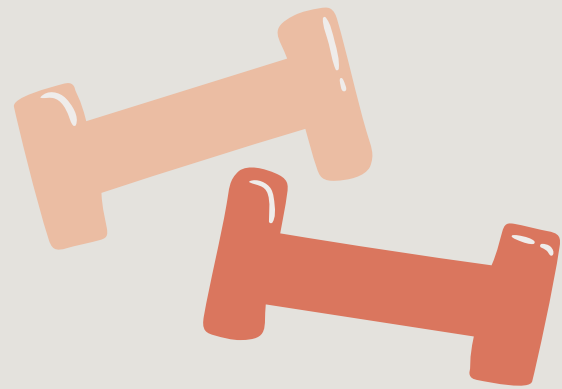
THURSDAY

FRIDAY

MX4: NOON-12:30 PM

STRENGTH TRAINING:
5:30 PM-6:15 PM

ZUMBA: 5:30-6:15 PM



STRENGTH TRAINING:
6:45 AM-7:30 AM

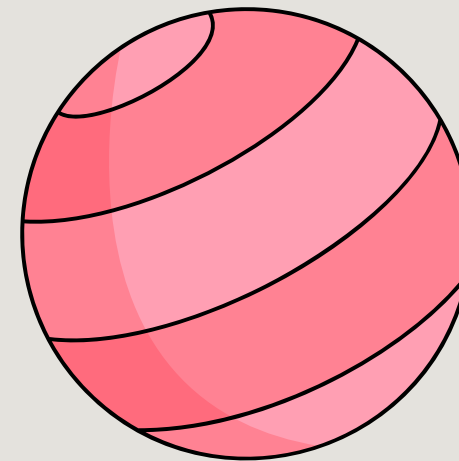
PILATES: 12-12:45 PM



YOGA: 6:45 AM-7:30 AM

MX4: NOON-12:30 PM

STRENGTH TRAINING:
5:30 PM-6:15 PM



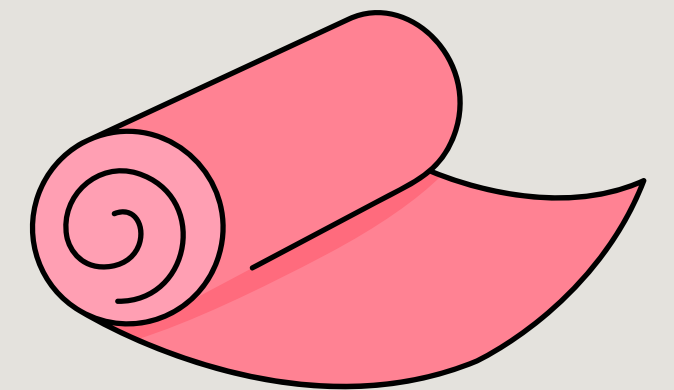
STRENGTH TRAINING:
6:45 AM -7:30 AM

PILATES: 12-12:45 PM

ZUMBA: 5:30-6:15 PM

PILATES: 6:45-7:30 AM

YOGA: 6:45-7:30 AM



CLASSES START MONDAY, AUGUST 26 AND END FRIDAY, NOVEMBER 22
THERE WILL BE NO CLASSES DURING FALL BREAK (OCTOBER 7-8)