

# SPRING 2025

## GROUP X SCHEDULE

EFFECTIVE  
MONDAY,  
JAN. 13TH, 2025

### MON

WATER  
AEROBICS  
6:00 P.M.

LATIN  
DANCE  
6:30 P.M.

### TUE

CYCLE  
7:00 A.M.

DANCE  
FITNESS  
7:30 P.M.

### WED

YOGA  
7:00 A.M.

CYCLE  
12:00 P.M.

BODY  
CONDITIONING  
6:30 P.M.

CARDIO  
KICKBOXING  
7:30 P.M.

### THU

POWER 45\*  
7:00 A.M.

DANCE  
FITNESS  
7:30 P.M.

\*= EXPRESS CLASS  
(45 MINUTE CLASS)

CARDIO  
CARDIO/STRENGTH  
MIND/BODY



SCAN FOR CLASS DESCRIPTION!