

FALL 2025

GROUP X SCHEDULE

EFFECTIVE
TUESDAY, AUG.
19TH, 2025

MON

YOGA
7:00 A.M.

CYCLE
5:30 P.M.

TUE

PILATES
7:00 A.M.

YOGA
6:30 P.M.

DANCE
FITNESS
7:30 P.M.

WED

POWER 45*
7:00 A.M.

BOOTCAMP
5:30 P.M.

BODY
CONDITIONING
6:30 P.M.

THU

POWER 45*
7:00 A.M.

CYCLE
12:30 P.M.*



SIGN-UP NOW!

\$25.00
Semester Pass

CARDIO

CARDIO/STRENGTH

MIND/BODY

*= EXPRESS CLASS (30-45 MINUTE CLASS)

