



FALL 2021 GROUP EXERCISE SCHEDULE

PLEASE REGISTER AT THE FRONT DESK FOR
ALL GROUP EXERCISE CLASSES!

MONDAY

5am: Early Bird Challenge
6am: Challenge
9am: Total Body Fix
9am: Fit 4 Life
10:15am: Core Flow
Express (30min)

12:15pm: Lunchtime
Express
(Location: Saurwein)

5:30pm: Women on
Weights (W.O.W)

TUESDAY

5am: Early Bird Challenge
8am: Deep Water Fitness
9:15am: Have A Seat
9:15am: Gentle Lift
10am: Cardio-Kickbox
Circuit

12:15pm: Power Cycle
(Location: Saurwein)

5:30pm : CardioTone
6:45pm: R.I.P.P.E.D

WEDNESDAY

5am: Early Bird Challenge
6am: Challenge
8am: Deep Water Fitness
9am: Total Body Fix
9am: Fit 4 Life
10:15am: Core Flow
Express (30min)

12:15pm: Lunchtime
Express
(Location: Saurwein)

5:30pm: Women on Weights
(W.O.W)

THURSDAY

5am: Early Bird Challenge
8am: Deep Water Fitness
9:15am: Have A Seat
9:15am: Gentle Lift
10am: Cardio-Kickbox
Circuit

12:15pm: Power Cycle
(Location: Saurwein)

5:30pm: CardioTone
6:45pm: Strike and
Strengthen

FRIDAY

5am: Early Bird Challenge
6am: Challenge
9am: Total Body Fix
9am: Fit 4 Life
10am: Power Cycle
10am: Pietra Fitness*

All classes marked
with a * require
registration and
have a small fee
attached.