



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

WINTER 2023 GROUP EXERCISE SCHEDULE

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

MONDAY

5am: Early Bird Challenge
6am: Challenge
9am: Total Body Fix
9am: Fit 4 Life

SAURWEIN

12:15pm:
Lunchtime Express

5:30pm: Step Strong

TUESDAY

5am: Early Bird Challenge
6:30am: Gentle Yoga **
8am: Deep Water Fitness
9:15am: Gentle Lift
10am: Cardio-Kickbox
Circuit

SAURWEIN

12:15pm: Power Cycle

5:30pm: Cardiotone
Drumming

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

SAURWEIN

12:15pm:
Lunchtime Express

5:30pm: Step Strong

6:45pm: Pilates-Inspired
Yoga **

THURSDAY

5am: Early Bird Challenge
8am: Deep Water Fitness
8:30am: Pietra Fitness **
9:15am: Gentle Lift
10am: Cardio-Kickbox
Circuit

SAURWEIN

12:15pm: Power Cycle

5:30pm: Cardiotone

6:45pm: R.I.P.P.E.D

FRIDAY

5am: Early Bird Challenge
6am: Challenge
9am: Total Body Fix
9am: Fit 4 Life
10:15am: Power Cycle

SATURDAY

9am: Vinyasa Yoga

2nd Saturday
of every month