




## These Are The Group Exercise Classes We Offer 04/13/26

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00 AM Sweat Cycling Studio B <b>Nicole</b>	6:15 AM <b>*XZone HIIT*</b> Xzone <b>Jimmy</b>	8:00 AM Fast Track Fitness Track <b>Donna</b>	6:15 AM <b>*XZone HIIT*</b> Xzone <b>Jimmy</b>	7:45 AM Bosu Balanced Strength Track <b>Donna</b>	
8:00 AM Strength/Stamina Studio B <b>Nicole</b>	8:00 AM <b>*FuelFit training*</b> Track <b>Jesse</b>	7:45 AM Dynamic Loading Studio B <b>Nicole</b>	8:00 AM Cycle Synergy Studio B <b>Nicole</b>	7:45 AM Rebound Fitness Track <b>Nicole</b>	8:00 AM Spin Studio B <b>Tracey</b>	
9:15 AM <b>*XZone HIIT*</b> Xzone <b>Jimmy</b>	8:30 AM Zumba Studio A <b>Christian</b>	8:45 AM Epic Energy Studio B <b>Nicole</b>	8:15 AM Barre Studio A <b>Tracey</b>	8:15 AM Barre Studio A <b>Tracey</b>	8:45 AM Aqasize Pool <b>Ravit</b>	8:00 AM KB//TRX Studio A <b>*Donna*</b>
9:15 AM Power Hour Studio B <b>Nicole</b>	8:45 AM Aqasize Pool <b>Ravit</b>	9:00 AM Body Sculpting Track <b>Isabel</b>	8:45 AM Aqasize Pool <b>Ravit</b>	9:00 AM StepStrongPlus Track <b>Donna</b>	9:00 AM Circuit Silver Studio A <b>Ravit</b>	9:15 AM <b>*XZone HIIT*</b> Xzone <b>Jimmy</b>
9:30 AM Strength360 Track <b>Donna</b>	9:00 AM Premier Pump Studio B <b>Nicole</b>	9:15 AM Xzone KickBoxing Studio A <b>Hilla</b>	9:00 AM Yoga Flow Yoga Studio <b>Letty</b>	9:10 AM <b>*XZone HIIT*</b> Xzone <b>Ralph</b>	9:00 AM MetaFit Track <b>Donna</b>	9:10 AM Zumba Studio A <b>Christian</b>
10:30 AM Yoga Yoga Studio <b>Denise</b>	9:10 AM <b>*XZone HIIT*</b> Xzone <b>Ralph</b>	9:10 AM <b>*XZone HIIT*</b> Xzone <b>Ralph</b>	9:00 AM Kickboxing/ Intervals Studio B <b>Isabel</b>	9:15 AM Xzone KickBoxing Studio A <b>Hilla</b>	9:10 AM <b>*XZone HIIT*</b> Xzone <b>Ralph</b>	9:10 AM Fitness class Studio B <b>Isabel</b>
11:00 AM Zumba Studio B <b>Ravit</b>	9:30 AM MetaFit Track <b>Donna</b>	10:00 AM SilverSneakers Classic Studio B <b>Isabel</b>	9:00 AM Stacked XZone <b>Donna</b>	9:00 AM Body Sculpting Studio B <b>Isabel</b>	10:00 AM Yoga Yoga Studio <b>Denise</b>	9:45 AM Mat Pilates Yoga Studio <b>Karen</b>
	10:00 AM Ageless Grace Studio B <b>Sharon</b>	10:30 AM POWER Fitness Fitness <b>Ralph</b>	9:10 AM <b>*XZone HIIT*</b> Track <b>Ralph</b>	9:00 AM Yoga Yoga Studio <b>Letty</b>	10:10 AM Circuit Silver Studio A <b>Ravit</b>	10:00 AM <b>*FuelFit training*</b> Track <b>Jesse</b>
	10:30 AM Orientations Fitness Center <b>Rotating Instructors</b>	11:00 AM Line Dance Cardio Studio A <b>Professorfit</b>	9:15 AM TRX@Zone Training Studio B <b>*Nicole*</b>	9:10 AM <b>*XZone HIIT*</b> XZone <b>Ralph</b>	10:15 AM Power Up Track <b>Nicole</b>	10:10 AM SilverSneakers Classic Studio B <b>Isabel</b>
	11:00 AM Line Dance Beginners Track <b>Professorfit</b>	11:00 AM SilverSneakers Yoga Studio B <b>Isabel</b>	10:00 AM SilverSneakers Cardio Studio B <b>Isabel</b>	10:00 AM SilverSneakers Classic Studio B <b>Isabel</b>	11:00 AM Zumba Studio B <b>Ravit</b>	
	11:15 AM SilverSneakers Classic Studio B <b>Karen</b>	12:00 PM Workout & Stretch Studio B <b>Isabel</b>	10:30 AM Orientations Fitness Center <b>Ravit</b>	10:30 AM POWER Fitness Fitness <b>Ralph</b>	1:00 PM Ageless Grace Studio B <b>Sharon</b>	
	1:00 PM Boxing Exercise Studio B <b>Rob</b>	5:30 PM Low Impact Power Track <b>Donna</b>	11:00 AM Zumba GOLD Studio A <b>Ravit</b>	11:00 AM SilverSneakers Circuit Studio B <b>Isabel</b>		
	6:00 PM <b>*XZone HIIT*</b> Xzone <b>Ralph</b>	6:00 PM <b>*XZone HIIT*</b> Xzone <b>Ralph</b>	11:00 AM Chair Yoga Studio B <b>Rotating Instructors</b>	12:00 PM Tai Chi Studio B <b>James</b>	Scan QR code for most updated schedule →	
	7:00 PM Zumba Studio B <b>Christian</b>		12:00 PM Weights & Balance Studio B <b>Sharon</b>	1:00 PM Chair Yoga Studio B <b>Karen</b>		
			1:00 PM Weights & Balance Studio B <b>Sharon</b>	5:30 PM HIIT Happens Track <b>Nicole</b>		
			6:00 PM <b>*XZone HIIT*</b> Track <b>Ralph</b>	5:45 PM Yoga Yoga Studio <b>Letty</b>		
Classes with ** require registration or additional fee			6:15 PM BodyBlast Studio B <b>Julia</b>	6:00 PM <b>*XZone HIIT*</b> Xzone <b>Ralph</b>		
MON-THU 6:00AM-10:00PM	FRIDAY 6:00AM-6:00PM				*HIIT* = High Intensity Interval Training MIIT = Mid Intensity Interval Training LIIT = Light Intensity Interval Training	
SATURDAY 8:00AM-5:00PM	SUNDAY 7:00AM-6:00PM				RACQUETBALL HOURS	
MON-THU 7:00AM-6:00PM	FRIDAY 7:00AM-5:30PM				MON-THU 6:00AM-9:00PM	FRIDAY 6:00AM-6:00PM
SATURDAY 8:00AM-4:30PM	SUNDAY 9:00AM-5:30PM				SATURDAY 8:00AM-5:00PM	SUNDAY 9:00AM-5:30PM