June 2026 Group Exercise Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM-6:30AM		Master Swim Nick Large Pool		Master Swim Nick Large Pool		Master Swim Nick Large Pool	
5:45AM-6:45AM		Cycling Boot Camp Dolores		Cycling Patty		Cycling Dolores	
7:00AM-8:30AM							Master Swim Nick Large Pool
8:00AM-8:30AM			Foam Rolling Ann		Foam Rolling Ann		
8:15AM-9:15AM							Cardio Sculpt Dolores
8:30AM-9:30AM		Barre Sculpt Patty LIVE & ZOOM	Pilates Mat Ann	Barre Sculpt Patty LIVE & ZOOM	Pilates Mat Ann	Step & Sculpt Stacy (45 min)	
8:30AM-9:45AM	Slow Flow Yoga Liz & Elif						
9:15AM-10:15AM						Hip Hop Stacy LIVE & ZOOM	
9:30AM-10:30AM				Zumba & Abs Stacy 75 min. LIVE & ZOOM			Yoga 4 All Christy
9:45AM-11:00AM			Strength & Stretch Patty LIVE & ZOOM		Strength & Stretch Patty LIVE & ZOOM		
9:45AM-11:15AM		Pilates Sculpt Plus Lisa					
10:00AM-11:00AM		Water Fitness Patty Large Pool	Master Swim Nick Large Pool	Water Fitness Katherine Large Pool	Master Swim Nick Large Pool	Water Fitness Patty Large Pool	Water Fitness Katherine Large Pool
10:30AM-12:00PM						Pilates Sculpt Plus Lisa	
12:15PM-1:15PM			Cycle Rachel		Cycle Rachel		
12:30PM-1:30PM	Cycle Rachel						
1:00PM-2:00PM		ToughAgers® Deborah LIVE & ZOOM		Tough Muscle Deborah LIVE & ZOOM		ToughAgers® Deborah LIVE & ZOOM	
4:00PM-5:15PM			Gentle Yoga Ann		Gentle Yoga Liz		
5:30PM-6:30PM		Strength & Sculpt Christy	Zumba Stacy LIVE & ZOOM	Strength & Sculpt Patty	Zumba Stacy LIVE & ZOOM		
6:00PM-7:00PM						Yoga Strong Elif	
6:30PM-7:30PM			Cycle Stacy		Beats n Feet's Stacy (45 minutes)		
6:45PM-7:45PM		Yoga Strong Elif		Yin/Resotrative Makiko			
Legend	Strength	Pilates	Aquatics	Cycle	Yoga	Sculpt	Dance

GROUP EXERCISE CLASS DESCRIPTIONS

Barre Sculpt: A low-impact, high-intensity workout inspired by ballet, yoga, and Pilates. Strengthen, tone, and improve balance using light weights, bands, or small balls for a lean, strong body.

Beats n Feet's: Unleash your inner rock star. Get an overall body workout while drumming to your favorite songs.

Cardio Sculpt: Combines cardio & strength training using body weight, body bar, dumbbells, & resistance bands.

Cycle: A high-energy ride that mimics real-road cycling while boosting cardiovascular endurance and lower-body strength always at your own pace.

Cycle Boot Camp: Full-body workout pairs heart-pumping cycling intervals with weighted training.

Foam Rolling: Use foam rollers and rubber balls to release tension, improve flexibility, and wake up your body from head to toe. All levels welcome.

Gentle Yoga: A soothing blend of Yin, Restorative, Gentle, and Hatha styles focused on gentle movement, stretching, and relaxation. Ideal for all levels, especially beginners seeking stress relief and healing.

Master Swim: A coached workout designed to improve sprint speed & endurance capabilities.

Pilates Mat: A focused practice using controlled, precise movements to strengthen and stretch the core, back, glutes, and abdominals while improving overall posture.

Pilates Sculpt Plus: Pilates fundamentals combined with cardio strength training & corrective exercises using the foam roller, a wider variety of hand weights, resistance bands, balls, & the magic ring.

Slow Flow Yoga: A mindful, fluid practice that builds strength, flexibility, and balance through breath-led movement and graceful alignment. Conclude with deep relaxation to leave you grounded and rejuvenated.

Step & Sculpt: This is a sculpting class using core balance, step, a weighted bar, & dumbbells, followed with a 10-minute stretch. It's a total body workout.

Strength & Sculpt: Shift your body into high gear through an intense muscle endurance and strength workout. This is a muscle-toning class that focuses on building core strength.

Strength & Stretch: A fun, all-levels class combining full-body strength training with dumbbells and resistance exercises, followed by a 15-minute stretch.

ToughAgers®: A total-body workout for active older adults combining low-impact cardio, strength, balance, core, and flexibility training. Includes modifications for all fitness levels.

Tough Muscle: A safe, strength-focused fitness class featuring a warm-up, dynamic stretching, and full-body training with dumbbells and resistance bands. Each session ends with standing flexibility work to support mobility and reduce injury risk.

Water Fitness: Combines cardio movements in shallow & deep water to give a total body workout. This class uses hand buoys and hydro noodles. Water Fitness is for all fitness levels.

Yin/Restorative Yoga: Yin and restorative yoga are both gentle, slow-paced styles that focus on relaxation and deep stretching, offering numerous physical, mental, and emotional benefits.

Yoga 4 All: A breath-centered, all-levels practice that builds strength, balance, and flexibility—focusing on progress over perfection to energize and tone the body.

Yoga Strong: A dynamic yoga flow blending strength and conditioning exercises to track your progress. Incorporates bodyweight moves, bands, isometrics, and plyometrics for a powerful, balanced workout.

Zumba: Combines Latin rhythms with cardio exercise to create an aerobic routine that is fun & easy to follow.