November 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	Slow Flow Liz & Elif (75 min.)	Barre Sculpt Patty LIVE & ZOOM	Pilates Mat Ann	Barre Sculpt Patty LIVE & ZOOM	Pilates Mat Ann	Step & Sculpt Stacy (45 min)	
9:15AM-10:15AM						Hip Hop Stacy LIVE & ZOOM	
9:30AM-10:30AM			Master Swim Nick Large Pool	Zumba & Abs Stacy 75 min. LIVE & ZOOM	Master Swim Nick Large Pool		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	Pilates Fusion Shanon	Water Fitness Patty Training Pool		Water Fitness Katherine Trainging Pool		Water Fitness Patty Training Pool	Water Fitness Katherine Trainging 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							
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.

Pilates Fusion: A dynamic blend of Pilates, strength, and flexibility training that tones your core, improves posture, and enhances balance. Expect controlled, full-body movements for a strong, sculpted, and mindful workout.

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.

ToughAgers® Muscle: A safe, strength-focused senior 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.