

Group Fitness

Weekly Schedule

July 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am Pop Pilates 7 & 21 Barre & Balance 14 & 28 Regan	9:00am Total Body Strength Judy	9:30am Mat Yoga Kathy	9:00am Total Body Strength Judy	9:30am Mat Pilates Beth	
10:30am Low Impact Strength Indira	10:30am Low Impact Cardio Combo Indira	10:30am Low Impact Strength Indira	10:30am Tai Chi Indira	10:30am Low Impact Strength & Cardio Indira	10:20am Water Aerobics Indira
11:30am Chair Yoga Sam	11:15am Water Aerobics Indira	11:30am Balance & Mobility Kathy	11:15am Water Pilates Indira	11:30am Chair Pilates Beth	

Green Classes = All fitness levels welcome; lowest impact options

Orange Classes = Some intermediate movements but can be modified to any level

Red Classes = Intermediate to advanced movements, evaluation recommended prior to attending

***Purple Classes** = Small Group Training (3-6 participants), extra fee applies

Sponsored by:

