

The Rec 2025 Fall Group Fitness Schedule

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
5:30am-6:30am	GX2		Greatest HIITs - Troy		HIIT & Run - Troy		
9:00am-9:30am	Aquatics	Aqua Aerobics - Cindy		Aqua Aerobics - Cindy		Aqua Aerobics - Cindy	
10:00am - 10:30am	GX2						HIIT - Troy
11:00am - 12:00pm	GX1		Performance Pilates - Mark				*Class occurs every other week.
12:00pm-1:00pm	GX1						
2:00pm-3:00pm	Gym/GX1		Salute to Vets - Geff		Salute to Vets - Geff		
5:00pm - 6:00pm	GX1			Pilates HIIT - Mark			
5:15pm - 6:00pm	Gym						
5:30pm - 6:15pm	GX1		Dance Academy - Sarah		Dance Academy - Sarah		
5:30pm - 6:30pm	GX2		Greatest HIITs - Troy		HIIT & Run - Troy		
5:30pm - 6:15pm	GX1						
6:30pm- 7:00pm	GX1		Dance Fusion - Sarah		Dance Fusion - Sarah		
7:00pm - 8:00pm	Aquatics		Night Swim - Brendan		Night Swim - Brendan		

* PP: Power Plate Pro7

Beginner	Intermediate	Advance
Aqua Aerobics	Core Circuit	Boxing
Easy Rider	Fit Board	Core Essentials
HIIT	Spin-ergy	Turn & Burn
County Wellness	HIIT & Run	Performance Pilates
Core Chi	Core Pilates	Tactical Martial Arts
Salute To Vets	Greatest HIITs	Pilates HIIT
Dance Fusion	Regen & Recovery	Yo-gonna Love It
Yoga	Yoga-ta Try This	

Coming Soon!
All classes not currently listed

Youth Dance Academy
*Paid Program

Beginner (30min)	Intermediate (45min)	Advance (60min)
Free	Single Pass = \$5	Single Pass = \$10
	Monthly Pass = \$25	Monthly Pass = \$50