



GROUP EXERCISE CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15am		SPIN-TERVALS			
12:15 pm		TOTAL BODY STRENGTH UPPER	Virtual Stretch Class	TOTAL BODY STRENGTH LOWER	
4:30 pm			MAT PILATES		

Please be sure to register for classes. Spots fill up quickly! If you cannot make it, please contact your onsite Fitness Manager. Classes and times may fluctuate during the season. Be sure to check back in Acuity / Square Space Scheduling for current offerings and updates! Powered by Simplex Wellness.

See our
current classes

