

Fall/Winter Interim Fitness Schedule

December 29, 2025 – January 5, 2026
Registration required for all programs.

Building Hours:
Monday - Friday 5:30am-9:30pm
Saturday & Sunday 8am-6pm

MONDAY	TUESDAY	WEDNESDAY Open 5:30am-2:00pm	THURSDAY	FRIDAY	SATURDAY
Strength Fit 6:15-7:00am	Cycle 6:15-7am	Strength Fit 6:15-7:00	HAPPY NEW YEAR! Open 10am-4:00pm	Gentle Yoga 6:15-7:00am	Strength Fit 9:00-9:45AM
	TRX 8:30-9:15am				
Cycle and Core 8 :30-9 :15	Strength Fit 9:30 to 10:15	Gentle Yoga 7:00-8:00		Cycle and Strength 9:00-9:45	Cycle 10:00-10:45
Aqua Fit 9:00-9:45	Chair Yoga 9:30-10:15	Cycle and Core 8:30-9:15			
Gentle Yoga 9:30-10:15	Aqua Fit 10:30-11:15	Aqua Fit 9:00-9:45		Aqua Fit 9-9:45am	
Forever Fit 10:30-11:30am	Glutes and Core 10:30-11:15	Arriba 9:30am-10:15am	Aqua Fit 10:30-11:15	Pilates 10:00-10:45	FlowFit 11:00-11:45
Total Tone 12:10-12:45pm	Aqua Lite 12:00-12:45pm	Strength & Flexibility 10:30-11:15am			
Holiday Boot Camp 5 :30-6:15pm	Boot Camp 12:10-12:45	THE BEST EXERCISES OF 2025 WORKOUT 12:10-12:45pm	New Year, New You 12:10-12:45	Bootcamp 12:10-12:45	
Aqua Fit 7:45-8:30pm	Muscle Fit 5:30-6:25				

Schedules are subject to change.