

JUNE GROUP FITNESS

Land Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:30am	Boot Camp		Boot Camp		Boot Camp	
6:00-7:00am		Cycling Fitness		Cycling Fitness		
7:00-7:30am		Abs & Arms		Abs & Arms		
7:30-8:30am	Aerobic Strength		Aerobic Strength		Aerobic Strength	
8:30-9:30am		Power Hour		Power Hour		
8:50-9:50am	Sit to be Fit		Sit to be Fit		Sit to be Fit	
9:00-10:00am						Cycling Fitness
9:35-10:05am		Stretchability		Stretchability		
10:00-11:00am	Shape Up with Shannon		Shape Up with Shannon		Shape Up with Shannon	Abs & Arms (-10:30)
11:00-Noon	Tri training		Tri training		Tri training	
12:10-1pm	Pilates		Pilates			
2:30-3:30pm		Sit to be Fit		Sit to be Fit		
5:10pm					Pilates	
5:30-6:30pm	Cycle & Sculpt	Body Works(-6:15)	Cycle & Sculpt	Body Works(-6:15)		
6:15-7:15pm		Cycling Fitness		Cycling Fitness		

Aquatic Classes

8:00-8:45am	W . W . Endurance		W . W . Endurance		W . W . Endurance	
8:30-9:30am	H ₂ O Workout	H ₂ O Workout	H ₂ O Workout	H ₂ O Workout	H ₂ O Workout	
9:30-10:30am		Arthritis Therapy	Arthritis Therapy	Arthritis Therapy	Arthritis Therapy	
10:30-11:30am		Masters/Tri Swim		Masters/Tri Swim		
5:45-6:30pm	Splash & Sweat		Splash & Sweat			

Warm Water Endurance & Arthritis Therapy classes are held in the Therapy Pool. The Therapy Pool is reserved for Physical Therapy MWF 1-3pm & TTH 11-noon. The Fitness Pool will be closed from 4:00-5:30pm during the week for swim team practice.

Abs & Arms will not be offered June 15, 17 & 22



Wellness Center Hours

- Monday - Friday • 5:15am-8:00pm
- Saturday • 7:00am-noon
- Sunday • 2:00pm-5:00pm

Childcare Hours

- Mon Wed Fri • 9:00am-10:00am
- Tues & Thurs • 9:00am-11:00am
- Mon & Wed • 5:20pm-7:00pm
- Tues & Thurs • 5:20pm-7:30pm
- Saturday • 8:00am-11:00am

Swim Lessons

• at the Wellness Center

Contact front desk to sign up or for more info.

beginner indoor
group cycling clinic

Friday, June 4, 6:15pm

- learn proper bike fit & positions
- participate in a short ride

FREE Equipment Orientation for every member!

Sign up to learn how to use our great cardiovascular & strength training equipment!