

Group Fitness Schedule

January - April 2026

Health and Wellness Center: GROUP FITNESS ROOM

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	Totally Toning 7 - 7:50 am		Totally Toning 7 - 7:50 am				
9:00 AM			Cardio Drumming 9:30 - 10:20 am			Zumba Gold 9:30 - 10:20 am	
10:00 AM	Senior Strengtheners 10:30-11:20 am		Senior Strengtheners 10:30-11:20 am				Zumba 10:30-11:20 am
11:00 AM							
12:00 PM	Boot Camp 12 - 12:50 pm	H.I.I.T. Revolution 12 - 12:50 pm	Boot Camp 12 - 12:50 pm	H.I.I.T. Revolution 12 - 12:50 pm	Boot Camp 12 - 12:50 pm		
5:00 PM		Work-It Circuit 5 - 5:50 pm		Work-It Circuit 5 - 5:50 pm			
6:00 PM	Hard Core 5:30 - 6:20 pm	Zumba 6 - 6:50 pm	Hard Core 5:30 - 6:20 pm	Somatic Yoga 6 - 7 pm			
7:00 PM	Beginner laido 6:30 - 7:30 pm		Advanced laido 6:30 - 8:00 pm				

Health and Wellness Center: COMMUNITY ROOM

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 PM							
6:00 PM	Beginner Karate 5:30 - 6:30 pm	Advanced Karate 5:30 - 7:30 PM					
7:00 PM							

Phillips Recreation Center: DANCE AND FITNESS ROOM

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM	Flow Yoga 9 - 10 am		Flow Yoga 9 - 10 am		Flow Yoga 9 - 10 am		
10:00 AM		Senior Strengtheners 9:30 am - 10:20 am	Get Fit Where You Sit! Chair Yoga 10:15 - 11:05 am	Senior Strengtheners 9:30 am - 10:20 am			
11:00 AM		Tai Chi (10:30-11:30am - Beg.) (10:30-12pm - Adv.)		Tai Chi (10:30-11:30am - Beg.) (10:30-12pm - Adv.)			
5:00 PM			Zumba 5:30 - 6:20 pm				
6:00 PM				Zumba 6 - 6:50 pm			
7:00 PM	Tai Chi (6:30-7:30 pm - Beg.) (6:30-8 pm - Adv.)		Tai Chi (6:30-7:30 pm - Beg.) (6:30-8 pm - Adv.)				