



Downtown Branch

Effective June 2023

GROUP FITNESS CLASSES

*classes are subject to change or cancellation without notice

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aquafit 10:00am - 10:45am	Boot Camp 6:45am - 7:30am		CycleFit 6:45am - 7:30pm	Aquafit 10:00am - 10:45am	Yoga - Hatha 10:00am - 11:00am
Meditation Wellness 10:00am - 11:00am	CycleFit 12:05pm - 12:50pm	360 Circuit 12:00pm - 1:00pm	360 Circuit 12:00pm - 1:00pm	360 Circuit 12:00pm - 1:00pm	
360 Circuit 12:00pm - 1:00pm	Gentle Fit 1:30pm - 2:15pm	TRX 12:05pm - 12:50pm	HIIT 12:05pm - 12:50pm		
		HIIT 4:00pm - 4:30pm		HIIT 4:00pm - 4:30pm	
Zumba 5:30pm - 6:15pm	Boot Camp 5:30pm - 6:15pm		Boot Camp 5:30pm - 6:15pm		



Specialty



Strength-based



Cardio-based



Gentle Fit-based

Monday - Friday: 6:00 am - 9:00 pm • Saturday: 8:00 am - 5:00 pm • Sunday: CLOSED
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