








South Branch

Effective June 2023

GROUP FITNESS CLASSES

*classes are subject to change or cancellation without notice

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit - Shallow 8:00am - 8:45am	Aquafit - Deep 9:00am - 9:45am	Aquafit - Shallow 9:00am - 9:45am	Aquafit - Deep 9:00am - 9:45am	Aquafit - Shallow 8:00am - 8:45am	Aquafit - Shallow 8:30am - 9:30am	Aqua Zumba 8:30am - 9:15am
Shallow Water Running 9:00am - 9:45am	CycleFit 9:15am - 10:00am	Sculpt on the Step 9:15am - 10:00am	Total 20's 9:15am - 10:15am	Cardio Blast 9:15am - 10:00am	Synrgy 9:15am - 10:15am	Yoga - Hatha 9:15am - 10:15am
Total Sculpt 9:15am - 10:00am	Abs+ 9:15am - 9:45am	TRX 9:15am - 10:00am	Yoga - Hatha 9:15am - 10:15am	Strength + Stretch 9:15am - 10:15am	Zumba 9:15am - 10:00am	TRX+ 10:15am - 11:00am
Synrgy 9:15am - 10:15am	Zumba 10:00am - 10:45am	Aquafit - Deep 11:00am - 11:45am	Yoga - Hatha 10:30am - 11:30am		Abs+ 10:15am - 10:45am	
Yoga - Kaiut 10:15am - 11:15am	Aquafit - Shallow 1:15pm - 2:00pm	Yoga - Hatha 10:15am - 11:15am				
Low Impact Aerobics 1:15pm - 2:00pm	Triple Sets 6:00pm - 6:45pm	Gentle Fit 1:15pm - 2:00pm	Synrgy 6:00pm - 7:00pm			
TRX 6:00pm - 6:45pm	Synrgy 6:00pm - 7:00pm		Zumba 6:00pm - 6:45pm			
Total Sculpt 6:00pm - 6:45pm	Yoga - Vinyasa 7:15pm - 8:15pm	Total 20's 6:00pm - 6:45pm				
Body Link 7:00pm - 7:45pm			Aquafit - Shallow 8:15pm - 9:00pm			
Aqua Zumba 7:45pm - 8:30pm						

 Specialty
  Strength-based
  Cardio-based
  Aquatic-based
  Gentle Fit-based

Monday - Friday: 6:00 am - 10:30 pm • Saturday - Sunday: 7:00 am - 8:00 pm

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