








West Portage 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 9:00am - 9:45am	Aquafit - Deep 9:00am - 9:45am	Aquafit - Shallow 9:00am - 9:45am		Aquafit - Deep 9:00am - 9:45am		
Total Sculpt+ 9:15am - 10:15am	Low Impact Synrgy 9:15am - 10:15am	Total 20's 9:15am - 10:15am	Bandtastic Sculpt 9:15am - 10:00am	Cardio Strength Crossover 9:15am - 10:00am	CycleFit 9:00am - 9:45am	
	Yin Yoga Relax & Restore 9:15am - 10:15am		Low Impact Synrgy 9:15am - 10:15am		HIIT + Strength 10:00am - 10:45am	Total Sculpt 10:00am - 10:45am
Aquafit - Deep 10:00am - 10:45am		Aquafit - Deep 10:00am - 10:45am	Stretch Xpress 10:00am - 10:30am			Hatha Yoga 11:00am - 12:00pm
Sit Fit 1:15pm - 2:00pm	Aquafit - Shallow 1:15pm - 2:00pm	Gentle Fit 1:15pm - 2:00pm	Aquafit - Shallow 1:15pm - 2:00pm			
Sculpt on the Step 6:00pm - 6:45pm		CycleFit 6:00pm - 6:45pm	Raise The Bar 6:00pm - 7:00pm	TRX+ 6:00pm - 6:45pm		
Body Link 6:45pm - 7:30pm	Cardio Strength Crossover 6:00pm - 6:45pm	Synrgy Fit 6:00pm - 7:00pm				
		Zumba 7:00pm - 7:45pm				
		Aqua Zumba 8:00pm - 8:45pm				

 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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