

2026 GROUP FITNESS SCHEDULE

MORNING CLASSES

Effective January 19, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BODY SCULPT with Monica 7:00 AM	PiYo with Monica 7:00 AM	BUN BUSTER with Gracie 8:30 AM	BODY SCULPT with Monica 7:00 AM	BODY SCULPT with Monica 7:00 AM	ZUMBA with Gracie 9:00 AM
BODY SCULPT with Monica 8:00 AM	CORE CONDITIONING with Monica 8:00 AM	ZUMBA with Claudia 9:00 AM	CORE CONDITIONING with Monica 8:00 AM	BODY SCULPT with Monica 8:00 AM	YOGA with Toni 10:00 AM
ZUMBA with Claudia 9:00 AM	FUN AND FIT with Michael 9:45 AM	FUN AND FIT with Michael 9:45 AM	BEGINNER'S YOGA with Toni 9:00 AM	ZUMBA with Claudia 9:00 AM	
BUN BUSTER with Gracie 9:00 AM	JOY OF YOGA with Heather 10:30 AM	eLIGNABAR TEMPORARILY ON HOLD!!!!	FUN AND FIT with Michael 9:45 AM	FUN AND FIT with Michael 10:15 AM	
eLIGNABAR TEMPORARILY ON HOLD!!!!	AQUA FITNESS with Rhonda 11:30 AM	STRETCH & MOBILITY TEMPORARILY ON HOLD!!!!	JOY OF YOGA with Heather 10:30 AM	STRETCH & MOBILITY TEMPORARILY ON HOLD!!!!	
STRETCH & MOBILITY TEMPORARILY ON HOLD!!!!		AQUA FITNESS with Rhonda 11:30 AM	WATER YOGA with Annacua 12:00 PM	AQUA FITNESS with Rhonda 11:30 AM	

AQUA CLASSES TEMPORARILY HELD IN MEETING ROOM A

EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
SPIN with Claudia 5:15 PM	SPIN with Claudia 6:00 PM	SPIN with Claudia 5:15 PM	SPIN with Claudia 6:00 PM
YOGA FOR EVERYBODY with Angela 6:00 PM	ZUMBA with Claudia 7:10 PM	YOGA FOR EVERYBODY with Angela 6:00 PM	ZUMBA with Claudia 7:10 PM
BOOTCAMP with Claudia 6:10 PM <small>grassy area of outdoor pool</small>		BOOTCAMP with Claudia 6:10 PM <small>grassy area of outdoor pool</small>	
ZUMBA with Claudia 7:10 PM		ZUMBA with Claudia 7:10 PM	

THE
BRICK

STRENGTH CARDIO AQUA DANCE MIND & BODY

Exercise Room Functional Fitness Room Program Room Indoor Pool Court

CLASS DESCRIPTIONS

Bun Buster: is a fun and energetic workout focused on toning and strengthening your glutes, also known as your booty muscles. In this class, you will engage in various exercises that target your lower body to help you achieve firmer legs and a more sculpted booty. Get ready to sweat and feel the burn as you work towards a perkier and stronger rear end!

Boot Camp: This high-energy class features circuit-style training, where you'll rotate through a variety of stations designed to keep your heart pumping and muscles working. It's the perfect mix of cardio and strength training that targets your entire body, helping you build endurance, power, and functional fitness. Whether you're just starting your fitness journey or you're a seasoned athlete, this class is for all levels—no experience needed, just a can-do attitude!

Body Sculpt: A fitness class that utilizes fitness forms like Pilates, Cardio, Kickboxing, Core Strength, Aerobics, Step, Dance, and Yoga.

Core Conditioning: This class focuses on strengthening and conditioning the abs, glutes, back, shoulders, and hips through a variety of movements. Designed to maintain strength and flexibility for everyday activity.

eLIGNABAR: To ignite and unleash your natural innate power and potential towards a healthy lifestyle of well being and functionality through a foundation of sound postural awareness.

Fun and Fit: Senior based class, incorporating chair fitness and some elements of Tai Chi.

PiYo: A unique core workout inspired by yoga and Pilates.

Spin: Spinning classes provide an intense cardio workout while still catering to participants of all fitness levels.

Stretch & Mobility: This 50 minute class focuses on gentle stretching and breath work to compliment your other fitness programs. Stretching is essential to enhanced strength and mobility. Enjoy this relaxing and effective class and leave refreshed and renewed and maybe a bit taller.

Yoga for Everybody (ages 16 & Up): For a slow moving, deep breathing, flowing journey of increased flexibility, strength, balance, sense of peace, and overall well-being.

Yoga Pilates Fusion: A new combination class of yoga and Pilates that will get you in the zen state while burning those necessary calories.

Zumba: Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness