

GROUP FITNESS CLASS SCHEDULE

MON

5:15am-6:00am
AQUA CARDIO & STRENGTH
Competition Pool | Melinda B.

BOOTCAMP
Studio 2 | Lori S.

CYCLING
Cycle Studio | Janet W.

TUE

5:15am-6:00am
AQUA CARDIO & STRENGTH
Competition Pool | Kate J.

TOTAL STRENGTH
Studio 2 | Kristi C

6:15am-7:00am
CYCLING
Cycle Studio | Joanna A.

WED

5:15am-6:00am
AQUA KICKBOXING
Competition Pool | Kate J.

BOOTCAMP
Studio 2 | Janet W.

6:15am-7:00am
MAT PILATES
Studio 1 | Jolene V.

THU

5:15am-6:00am
AQUA DEEP WATER
Competition Pool | Kate J.

BARBELL STRENGTH
Studio 2 | Janet W.

8:30am-9:15am
CYCLING
Cycling Studio | Joanna A.

9:00am-10:00am
AQUA ZUMBA*
Competition Pool | Alie P.

9:30am-10:15am
TOTAL STRENGTH
Studio 2 | Kristen R.

10:15am-11:00am
ACTIVE AGERS STRENGTH & STRETCH
Studio 1 | Sara P.

FRI

5:15am-6:00am
BOOTCAMP
Studio 2 | Kari S.

6:15am-7:00am
CYCLING
Cycle Studio | Michelle A.

8:30am-9:15am
BARBELL STRENGTH
Studio 2 | Amber B.

9:00am-10:00am
AQUA CARDIO & STRENGTH
Competition Pool | Ashlie V.

9:30am-10:15am
YOGA SCULPT
Studio 1 | Lindsay M.

10:15am-11:00am
ZUMBA*
Studio 2 | Alie P.

SAT

8:30am-9:15am
STEP
Studio 2 | Heidi S.

CYCLING
Cycle Studio | Kristen R.

9:00am-10:00am
AQUA CARDIO & STRENGTH
Competition Pool | Melinda B.

9:30am-10:15am
BOOTCAMP
Studio 2 | Kathleen M.

10:15am-11:15am
GENTLE YOGA
Studio 1 | Qian M.

8:30am-9:15am
BOOTCAMP
Studio 2 | Amber B.

9:00am-10:00am
AQUA ZUMBA*
Competition Pool | Ashlie V.

9:30am-10:15am
TOTAL STRENGTH
Studio 2 | Amber B.

10:15am-11:15am
GENTLE YOGA
Studio 1 | Rachel S.

8:30am-9:15am
BARBELL STRENGTH
Studio 2 | Deb R.

9:00am-10:00am
AQUA CARDIO & STRENGTH
Competition Pool | Julie S.

9:30am-10:15am
CYCLING
Cycle Studio | Michelle A.

10:15am-11:00am
ACTIVE AGERS STRENGTH & STRETCH
Studio 2 | Julie S.

8:30am-9:15am
STEP
Studio 2 | Sara P.

9:00am-10:00am
AQUA CARDIO & STRENGTH
Competition Pool | Alie P.

MAT PILATES
Studio 1 | Deb R.

9:30am-10:15am
BOOTCAMP
Studio 2 | Kristen R.

12:15pm-1:00pm
MAT PILATES
Studio 1 | Melinda B.

12:15pm-12:45pm
BOOTCAMP
Studio 2 | Jayden L.

12:15pm-1:00pm
ENERGIZING VINYASA YOGA
Studio 1 | Qian M.

12:15pm-12:45pm
CARDIO DANCE
Studio 1 | Whitnie N.

4:30pm-5:15pm
BARBELL STRENGTH
Studio 2 | Yelena M.

5:30pm-6:15pm
TOTAL STRENGTH
Studio 2 | Heidi S.

7:00pm-7:45pm
MAT PILATES
Studio 1 | Katie S.

4:30pm-5:15pm
CARDIO DANCE
Studio 1 | Cass C.

5:30pm-6:15pm
SOUL FUSION
Studio 1 | Cass C.

6:30pm-7:30pm
AQUA BARRE
Competition Pool | Melinda B.

4:30pm-5:15pm
YIN YANG YOGA
Studio 1 | Laine R.

5:30pm-6:15pm
BOOTCAMP
Studio 2 | Heidi S.

6:30pm-7:30pm
AQUA CARDIO & STRENGTH
Competition Pool | Amanda G.

5:30pm-6:15pm
BARBELL STRENGTH
Studio 2 | Yelena M.

6:30pm-7:30pm
AQUA CARDIO & STRENGTH
Competition Pool | Melinda B.
GENTLE YOGA
Studio 1 | Yelena M.

Monday & Wednesday
12:15pm-1:00pm
AQUATICS TO RESTORE HEALTH
Leisure Pool | Mary
UnityPoint Physical Therapy



Effective Jan 7th- May 5th

Reservations are required for all group/water fitness classes. Reservations can be made up to 48 hours in advance using our online reservations system or the MyTrailPoint app.

Group fitness classes are reserved for adults and members ages 13+