

NOVEMBER 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30AM	6:15-7:00AM 24/7 ACCESS REQUIRED 	6:15-7:00AM 24/7 ACCESS REQUIRED Strength Development 	6:30-7:00AM 24/7 ACCESS REQUIRED 	6:15-7:00AM 24/7 ACCESS REQUIRED Strength Development 		
8:00AM	8:30AM-9:30AM 		8:30AM-9:30AM 		8:30AM-9:30AM 	
8:30AM	8:30-9AM 	8:30-9AM 				
9:00AM	9:05-10:05AM 	9:10-9:45AM LES MILLS Shapes	9:05-10:05AM 	9:10-9:45AM LES MILLS Shapes	9:05-10:05AM 	
10:15AM	10:15-11AM 	10:15-11:15AM 	10:15-11AM 	10:15-11:15AM 	10:15-11:15AM 	10:15-11:15AM Strength Development  LES MILLS Shapes
12:10PM	12:10-12:50PM 	12:10-12:50PM 	12:10-12:50PM 	12:10-12:50PM 	12:10-12:50PM 	
4:30PM		4:30-5:30 			ACTIVE KID CARE HOURS - MONDAY- FRIDAYS- 8:30AM-11:30AM - MONDAY-WEDNESDAY 5:10P-7PM CLASS CANCELLATIONS - NOVEMBER 11: No CLASSES - NOVEMBER 17: No BODYCOMBAT AT 5:30 PM - NOVEMBER 25: No SPRINT AT 5:30 PM OR SHAPES AT 6:05 PM - NOVEMBER 26-28: No CLASSES	
5:30PM	5:30-6:30PM 	5:30-6:00PM 	5:30-6:00PM 	5:30PM-6:00PM 		
6:00PM		6:05-6:50PM 	6:05-6:50PM 	6:05-6:45PM 		

TUESDAY (12:10PM) CLASS:

- BODY STEP: 11/3,11/17
- SPRINT: 11/10,11/24

SUBSTITUTION CLASSES:

STRENGTH DEVELOPMENT 11/5 AT 12PM NO SPRINT

SATURDAY (10:15) CLASS:

- STRENGTH DEVELOPMENT – 11/7,11/14
- SHAPES – 11/21

EVENTS:

- TURKEY BURN 11/27 SEE POSTER FOR DETAILS

ANY ADDITIONAL CHANGES WILL BE NOTIFIED VIA EMAIL LIST AND SIGNAGE IN FACILITY.

Class Description

BodyBalance- This is a Yoga, Tai Chi and Pilates workout that leaves you feeling long, strong, centered and calm. It's your personal "time-out" from the stresses of life. This class is set to music that will enhance your physical and mental well-being.

BodyCombat- A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 570 calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

BodyPump - It's the fastest way to get in shape and lose body fat. BodyPump is a toning and conditioning class with weights and is for just about everybody. It's perfect for both males and females looking to add strength training into their workouts. The simplicity of the class makes BodyPump a great starting point to develop strength and confidence. **BP Express** is a 45min version of this class while still getting all the same benefits.

Bodypump Heavy- is tempo-based weightlifting that switches on your metabolic engine to build lean muscle like nothing else. Drawing on traditional lifting techniques, each class challenges strength, builds lean muscle, and drives measurable performance gains. It's simple to do and the slow tempo with lots of recovery periods allows for expert coaching, so you master form and technique.

BodyStep- It's a simple, athletic, and fun workout using an adjustable step platform to step up and down to uplifting music. Some of the benefits you can expect to achieve in this class are toning for the lower body, increased cardio fitness and coordination, and upper and lower body conditioning for functional strength.

CORE - A scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

Gentle Yoga- A slow-paced class featuring more seated and supported postures. Class moves through a series of gentle movements connecting your breath to your body, improving relaxation, flexibility, and recovery. Especially well-suited for those with pain, trouble sleeping, anxiety or high levels of stress.

Shapes- A low impact full body strength class that combines elements of Pilates, barre, and power yoga, focusing on small, controlled movements to sculpt and strengthen the entire body. Emphasizing core stability and alignment while incorporating modern music. The workout you never knew you needed!

SPRINT- 30min High-Interval Training (HIIT) workout, using an indoor bike to achieve fast results. A quick and hard style of training that returns rapid results with minimal joint impact.

Strength Development- Whether new to lifting or a seasoned pro, LES MILLS Strength Development will build muscle, improve technique, and give you the confidence to train more powerfully in the studio and on the gym floor.

Yoga for Everyone- This class will stem from self-love and appreciation for our bodies through building strength, fostering balance and stability, reducing the symptoms of stress, and increasing vitality. Learn the benefits of breath, alignment, mudras and much more. Applicable for all yogis with modifications offered throughout.

Zumba- A fitness program inspired by various rhythms and dancing styles. The routines feature aerobic/fitness interval training with a combo of fast and slow dance moves that tone and sculpt the body. No dancing experience is necessary, just let the music move your body!

-POOL-

Water Fitness- Designed for all ages and abilities. This class will help build comfort and coordination in the water while using resistance to increase overall body strength and endurance. This class is designed for all levels of fitness and will remain in the 4ft. section of the pool.