

Summer 2025: June 23 – August 17

GROUP FITNESS CLASSES & SMALL GROUP TRAINING

Download the Rec Sports App or scan the QR code for class descriptions and to register for classes.

	MON	TUE	WED	THUR	FRI
LUNCH 12:15PM - 1:00PM	Glutes & Guts 12:15-1:00p SA Aidan	Yoga Fund. 12:00-1:00p SA Natalie	Int. Training 12:15-1:00p SB Aidan	Arms & Abs 12:15-1:00p SB Natalie	Circuit Blast* 12:15-1:00p SA Aidan
EVENING 4:15PM - 6:30PM	Int. Training 4:15-5:00p SB Aidan	MG PERFORM 4:00-5:00p WR Josh	Circuit Blast 4:15-5:00p SA Aidan	MG PERFORM 4:00-5:00p WR Josh	
	MG LIFT 5:15-6:15p WR Aidan	MG FLOW 5:15-6:15p WR Josh	MG LIFT 5:15-6:15p WR Aidan	MG FLOW 5:15-6:15p WR Josh	
	Pilates Fund. 5:30-6:15p SA Alexis	Glutes & Guts 5:30-6:15p SA Indya	Cycle 45 5:30-6:15p SB Sofia	Yoga Fund. 5:30-6:30p SB Indya	

*No classes Friday, July 4th

KEY

Cardio

Strength

Strength + Cardio

Mind/Body

Small Group Training



Group Fitness:
\$15: Summer Unlimited Pass
\$5: Single Class



Small Group Training:
\$45: 4-week Session
\$120: Summer Athlete Series