

Summer 2025: May 12 – June 22

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
12:15PM - 1:00PM	Glutes & Guts 12:15-1:00p SA Aidan	Int. Training 12:15-1:00p SB Wendy	Arms & Abs 12:15-1:00p SB Natalie	Glutes & Guts 12:15-1:00p SB Natalie	Circuit Blast 12:15-1:00p SA Aidan
1:00PM - 2:00PM		Yoga Fund. 1:00-2:00p SA Paulette	Yoga Fund. 1:00-2:00p SA Paulette	Yoga Restor. 1:00-2:00p SA Paulette	
4:00PM - 5:00PM		MG Perform 4:00-5:00p WR Indya		MG Perform 4:00-5:00p WR Indya	
4:15PM - 6:30PM	Circuit Blast 4:15-5:00p SA Aidan	Pilates Fund. 4:15-5:00p SA Alexis	Int. Training 4:15-5:00p SB Aidan	Pilates Power 4:15-5:00p SA Alexis	Cycle 45 4:15-5:00p SB Dana
	MG Lift 5:15-6:15p WR Aidan	MG Flow 5:15-6:15p WR Indya	MG Lift 5:15-6:15p WR Aidan	MG Flow 5:15-6:15p WR Indya	
	Yoga Interm. 5:30-6:30p SB Isabelle	Cycle Rhythm 5:30-6:15p SB Dana	Glutes & Guts 5:30-6:15p SA Sofia	Yoga Interm. 5:30-6:30p SA Isabelle	
6:30PM - 7:15PM		Circuit Blast 6:30-7:15p SA Indya		Cycle + Strength 6:30-7:30p SB Indya	

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