

REC SPORTS FITNESS

Summer 2026: June 22 – August 16

GROUP FITNESS CLASSES

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

	SUN	MON	TUE	WED	THU	FRI	SAT
12:00PM - 1:00PM		Glutes & Guts 12:15-1:00p SA Natalie	Yoga Int. 12:00-1:00p SB Haley	Cycle & Str. 12:15-1:00p SB Sofia	Yoga Fund. 12:00-1:00p SB Natalie	Full Body Fri. 12:15-1:00p SA Aidan	
5:30PM - 6:30PM		Pilates Sculpt 5:30-6:15p SA Aspen	Pilates Fund. 5:30-6:15p SA Aspen	Yoga Fund. 5:30-6:30p SA Paulette	Yoga Rest. 5:30-6:30p SA Paulette		
		Circuit Blast 5:30-6:15p SB Michael	Int. Training 5:30-6:15p SB Indya	Circuit Blast 5:30-6:15p SB Indya			

KEY

- Strength
- Strength + Cardio
- Mind/Body

Group Fitness Pass

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

