

# GROUP FITNESS CLASS SCHEDULE

EFFECTIVE: August 2026

| Monday                                                | Tuesday                                                 | Wednesday                                                                                                                                                                                                                                                                     | Thursday                                          | Friday                                                    | Saturday                                                                                                                                                                                                                                             | Sunday                                            |
|-------------------------------------------------------|---------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|-----------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|
| 6:00am - 6:45am<br>Cycling Unlimited<br>w/Mike        | 6:00am - 6:45am<br>Power Sculpt<br>w/Maureen            | 6:00am - 6:45am<br>Cycling Unlimited<br>w/Mike                                                                                                                                                                                                                                | 5:45am - 6:40am<br>BodyPump<br>w/Maureen          | 6:00am - 6:45am<br>Cycling Unlimited<br>w/Maureen         |                                                                                                                                                                                                                                                      |                                                   |
| 8:00am - 8:45am<br>Arthritis Plus<br>w/Amy            | 8:30am - 9:25am<br>20/20/20<br>w/Justin                 | 6:00am - 6:45am<br>Fit Camp<br>w/Justin                                                                                                                                                                                                                                       | 8:30am - 9:25am<br>Mat Pilates<br>w/Vicki         | 8:00am - 8:45am<br>Arthritis Plus<br>w/Amy                | 7:15am - 8:10am<br>Fit Camp<br>w/Maureen                                                                                                                                                                                                             |                                                   |
| 8:30am - 9:15am<br>Power Sculpt<br>w/Charlotte        | 8:30am - 9:15am<br>Fit Over 50 Circuit<br>w/Nicole (CR) | 8:00am - 8:45am<br>Arthritis Plus<br>w/Vicki                                                                                                                                                                                                                                  | 8:30am - 9:15am<br>Fit Over 50<br>w/Nicole (Yard) | 8:15am - 9:00am<br>Sculpt<br>w/Nicole                     | 8:15am - 9:10am<br>Cycling Unlimited<br>w/Justin                                                                                                                                                                                                     | 8:30am - 9:25am<br>BodyPump<br>w/Maureen          |
| 9:00am - 9:45am<br>Pumping H2O<br>w/Bryn              | 9:05am - 9:50am<br>Aqua Zumba<br>w/Michele              | 8:00am - 8:45am<br>Sweat and Shred<br>w/Kim                                                                                                                                                                                                                                   | 9:05am - 9:50am<br>Aqua Zumba<br>w/Michele        | 9:00am - 9:55am<br>Yoga<br>w/Sharon                       | 8:30am - 9:25am<br>Power Sculpt<br>w/Charlotte                                                                                                                                                                                                       | 9:30am - 10:25am<br>Cycling Unlimited<br>w/Justin |
| 9:30am - 10:15am<br>Cycling Unlimited<br>w/Natalie    | 9:30am - 10:15am<br>Cycling Unlimited<br>Justin         | 9:00am - 9:45am<br>Pumping H2O<br>w/Kelly                                                                                                                                                                                                                                     | 9:30am -10:25am<br>Cycling Unlimited<br>w/Nicole  | 9:00am - 9:55am<br>Cycling Unlimited<br>w/Kelly           | 9:30am - 10:15am<br>Cycling Unlimited<br>w/Mike                                                                                                                                                                                                      | 9:30am - 10:15am<br>LIIT<br>w/Kathryn             |
| 9:45am - 10:40am<br>Dance Rhythms<br>w/Amie           | 9:30am - 10:15am<br>LIIT<br>Nicole/Charlotte            | 9:00am - 9:45am<br>Cycling Unlimited<br>Charlotte                                                                                                                                                                                                                             | 9:45am - 10:30am<br>Fit Camp<br>w/Amy (GYM)**     | 9:00am - 9:45am<br>Deep H2O<br>w/Amy                      | 9:45am - 10:30am<br>Pumping H2O<br>w/Karen L                                                                                                                                                                                                         | 10:15am - 11:00am<br>Aqua Zumba<br>w/Michelle     |
| 11:00am - 11:55am<br>Pilates and Tone<br>w/Nicole     | 9:45am - 10:30am<br>Fit Camp<br>w/Amy (GYM)**           | 9:30am - 10:25am<br>Yoga<br>w/Sharon                                                                                                                                                                                                                                          | 9:45am - 10:40am<br>Zumba<br>w/Heidy              | 10:05am - 10:50am<br>Power Sculpt<br>w/Maureen            | 9:45am - 10:40am<br>Zumba<br>w/Sara                                                                                                                                                                                                                  | 10:30am - 11:30am<br>20/20/20<br>w/Kathryn        |
| 12:00pm - 12:45pm<br>Strong and Balanced<br>w/Natalie |                                                         | 10:30am - 11:00am<br>Tai Chi<br>w/Kelly                                                                                                                                                                                                                                       | 10:45am - 11:45am<br>Barre<br>w/Heidy             | 11:00am - 11:55am<br>Mat Pilates<br>w/Vicki               | 10:45am - 11:30am<br>HIIT<br>w/Kim                                                                                                                                                                                                                   |                                                   |
|                                                       | 10:30am - 11:00am<br>Awesome Abs<br>Justin              | 11:15am -12pm<br>Yo!<br>w/Stephanie                                                                                                                                                                                                                                           | 1:00pm - 1:45pm<br>Deep H2O<br>w/Susan            | 12:00pm - 12:45pm<br>Strong & Balanced<br>w/Vicki         |                                                                                                                                                                                                                                                      |                                                   |
|                                                       | 11:15am - 12:00pm<br>Circl Mobility<br>Heidy            | <b>Monday August 10th - Friday August 14th</b><br><b>Cleaning and Maintenance Week</b><br>Pool Closed for Draining and Cleaning<br>Group Fitness Room Floor Being Refinished<br><b>Club Closed Wednesday, August 12th</b><br><b>Pickup Special Schedule at the Front Desk</b> |                                                   |                                                           | <b>KIDS' CLUB HOURS</b><br><br><b>Morning Hours</b><br>Monday-Friday 8:15am - 12:30pm<br>Saturday 8:30am - 12:30pm<br><br><b>Evening Hours</b><br>Monday-Thursday 4:00pm - 7:30pm<br><b>Reservations required</b> and can be made 1 week in advance. |                                                   |
| 4:30pm - 5:15pm<br>Fit Camp<br>w/Kathryn              | 12:00pm - 12:45pm<br>Deep H2O<br>w/Wendy                |                                                                                                                                                                                                                                                                               |                                                   |                                                           |                                                                                                                                                                                                                                                      |                                                   |
| 5:30pm - 6:25pm<br>Zumba<br>w/Heidy & Maria           | 12:15pm - 1:00pm<br>Zumba Gold<br>w/Michelle            |                                                                                                                                                                                                                                                                               | 4:00pm - 4:45pm<br>Line Dancing (Beg)<br>w/Laura  | 5:00pm - 5:45pm<br>LOW<br>w/Stephanie                     | <b>The Yard Hours</b><br>Monday-Thursday 4:30pm - 7:30pm<br>Saturday 8:30am - 12:30pm<br><br><b>Ending August 21st</b><br>Monday-Friday 9:30am - 12:30pm                                                                                             |                                                   |
| 5:30pm - 6:15pm<br>Cycling Unlimited<br>w/Teri        | 4:30pm - 5:25pm<br>BodyPump<br>w/Maureen                | <b>5:30pm - 6:30pm</b><br><b>20/20/20</b><br><b>w/Teri</b>                                                                                                                                                                                                                    | 5:00pm - 5:55pm<br>Line Dancing (Int.)<br>w/Laura | 6:15pm - 7:10pm<br>BodyPump<br>w/Karen                    |                                                                                                                                                                                                                                                      |                                                   |
| 6:30pm - 7:25pm<br>BodyPump<br>w/Teri                 | 5:30pm - 6:15pm<br>Cycling Unlimited<br>w/Natalie       | 5:30pm - 6:25pm<br>Cycling Unlimited<br>w/Kathryn                                                                                                                                                                                                                             | 5:30pm - 6:25pm<br>Spin and Trim<br>w/Rachel      |                                                           |                                                                                                                                                                                                                                                      |                                                   |
| 6:40pm - 7:25pm<br>Pumping H2O<br>w/Amy B.            | 5:30pm - 6:15pm<br>Step Circuit<br>Justin               | 6:30pm - 7:25pm<br>Yoga<br>w/Jae                                                                                                                                                                                                                                              | 6:30pm - 7:25pm<br>BodyPump<br>w/Jae              | <b>New Classes/Changes are in BOLD!</b>                   |                                                                                                                                                                                                                                                      |                                                   |
|                                                       | 6:15pm - 7:10pm<br>Barre<br>w/Dee Dee                   | 6:40pm - 7:25pm<br>Deep H2O<br>w/Wendy                                                                                                                                                                                                                                        |                                                   |                                                           |                                                                                                                                                                                                                                                      |                                                   |
|                                                       |                                                         |                                                                                                                                                                                                                                                                               |                                                   | Classes in Gray Require Sign Up (starting the day before) |                                                                                                                                                                                                                                                      |                                                   |
|                                                       |                                                         |                                                                                                                                                                                                                                                                               |                                                   | <b>(CR) Circuit Room      (GYM) Gymnasium</b>             |                                                                                                                                                                                                                                                      |                                                   |

# HEALTH UNLIMITED GROUP FITNESS GUIDE

*Find the class that fits your goals*

**20/20/20** **STRENGTH**  
Twenty minutes of leg strengthening, followed by a 20-minute arm workout and 20 minutes of core exercise.

**Awesome Abs** **STRENGTH**  
A 30-minute core-training class focused exclusively on the abdominal and back muscles.

**Aqua Zumba** **AQUATICS**  
A high- and low-impact water dance class featuring Latin-style music and movement. High energy and a great cardio workout.

**Arthritis Plus** **AQUATICS**  
A great shallow-water cardiovascular and muscle-conditioning workout for participants ages 12 and older with any degree of arthritis.

**Barre** **MIND/BODY**  
A mix of Pilates, yoga, and functional training. Mini balls and hand weights are used to sculpt, slim, and stretch the entire body.

**BODYPUMP** **STRENGTH**  
A resistance-training workout that uses low weight loads and high-repetition movements to burn fat, increase strength, and build lean, conditioned muscle.

**Butts & Guts** **STRENGTH**  
This class focuses on abdominal training for trunk and postural stabilization, followed by glute work.

**CIRCL Mobility** **MIND/BODY**  
Unlock your body's potential through flexibility, breathwork, and mobility exercises.

**Dance Rhythms** **CARDIO/DANCE**  
A cardio dance fitness class featuring worldwide rhythms. Take a trip around the world and sweat through this athletic, empowering, joyful workout with an Afro feel.

**Deep H2O** **AQUATICS**  
Easy-to-follow, fun, safe, and effective deep-water exercises for total fitness, with emphasis on core strengthening and toning of the often-troubled abdominal and back region. Classes are held in the deep lanes.

**Fit Camp** **X-TRAINING**  
A fun and exciting class using body-weight and cardio training.

**Fit Over 50** **ACTIVE AGING**  
For those aged 50+. Intervals of cardiovascular and muscle-strengthening exercises help improve endurance and strength. Held in The Yard.

**Fit Over 50 Circuit** **ACTIVE AGING**  
For those aged 50+. Designed to improve total-body strength, endurance, and balance. Held in the Circuit Room.

**Cycling Unlimited** **CYCLING**  
High-energy instructors combine music and coaching to create an intense cardio workout while burning calories.

**HIGH** **X-TRAINING**  
Experience a modern twist on aerobics in a nonstop, action-packed mix of cardio and toning that will take your fitness to the next level.

**HIIT** **X-TRAINING**  
Combines endurance, speed, and interval training through quick, intense bursts of exercise followed by short, active recovery periods.

**LIIT** **CARDIO/DANCE**  
Get moving with easy-to-follow, low-impact cardio intervals followed by core work and/or stretching. Sunday morning LIIT also includes weight training.

**Line Dancing** **CARDIO/DANCE**  
Step out and try something new! Line dancing with choreography broken down and taught for each song. It is not just country. Thursdays: 4pm Beginner or 5pm Intermediate.

**LOW** **CARDIO/DANCE**  
Experience a modern twist on low-impact aerobics in a nonstop, feel-good mix of cardio and toning tracks designed to elevate your fitness without added impact.

**Mat Pilates** **MIND/BODY**  
A total mind/body workout focused on precise movement, using the mind to feel and focus on the body.

**Power Sculpt** **STRENGTH**  
A whole-body strength and conditioning class combining weighted bars, dumbbells, and floor work to challenge the entire body.

**Pumping H2O** **AQUATICS**  
A shallow-water cardio workout that challenges you with fun, time-efficient exercises for muscle toning, strengthening, balance, coordination, and more.

**Sculpt** **STRENGTH**  
A whole-body strengthening class combining weighted bars, dumbbells, and floor work to challenge the entire body. Low/no impact.

**Spin & Trim** **CYCLING**  
A full-body workout combining cycling drills with dumbbell exercises for the upper and lower body.

**Step Circuit** **CARDIO/DANCE**  
Rotate through a variety of exercises targeting different parts of the body using the step and free weights.

**Strong & Balanced** **ACTIVE AGING**  
Ideal for those age 60+, this class increases strength and flexibility and improves balance for everyday tasks and more.

**Sweat & Shred** **X-TRAINING**  
A heart-pumping cardio and sculpting class using varied intervals to challenge your heart and tone the body.

**Tai Chi** **MIND/BODY**  
A series of slow, gentle movements and physical postures that includes controlled breathing. Great for health promotion and rehabilitation.

**TONE** **STRENGTH**  
Combines toning with barre, abs, and arms to create a full-body workout that will take your fitness to the next level.

**Yoga** **MIND/BODY**  
A traditional yoga class based on an ancient form of movement that promotes balance, flexibility, strength, and relaxation through various postures.

**Yo!** **MIND/BODY**  
A yoga-inspired stretching class. Experience a modern twist on stretching in a nonstop, action-packed class that takes strength, balance, and flexibility to the next level.

**Zumba** **CARDIO/DANCE**  
A high- and low-impact dance class with Latin style. Enjoy salsa, merengue, and more while getting a great workout.

**Aquatics | Cardio/Dance | Strength | Mind/Body | Active Aging | X-Training**

**Health Unlimited Family Fitness & Aquatic Center | Effective July 2026**