GROUP FITNESS CLASS SCHEDULE

EFFECTIVE: October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am - 6:45am Cycling Unlimited w/Mike	6:00am - 6:45am Power Sculpt w/Maureen	6:00am - 6:45am Cycling Unlimited w/Mike	5:45am - 6:40am BodyPump w/Maureen	6:00am - 6:45am Cycling Unlimited w/Maureen		
8:00am - 8:45am Arthritis Plus w/Amy	8:30am - 9:25am 20/20/20 w/Justin	6:00am - 6:45am Fit Camp w/Justin	8:30am - 9:25am Mat Pilates w/Vicki	8:00am - 8:45am Arthritis Plus w/Amy	7:15am - 8:10am Fit Camp w/Maureen	
8:30am - 9:15am Power Sculpt w/Charlotte	8:30am - 9:15am Fit Over 50 Circuit w/Nicole (CR)	8:00am - 8:45am Arthritis Plus w/Vicki	8:30am - 9:15am Fit Over 50 w/Nicole (Yard)	8:15am - 9:00am Sculpt w/Nicole	8:15am - 9:10am Cycling Unlimited w/Justin	8:30am - 9:25am BodyPump w/Maureen
9:05am - 9:50am Pumping H2O w/Bryn	9:05am - 9:50am Aqua Zumba w/Michele	8:00am - 8:45am Sweat and Shred w/Kim	9:05am - 9:50am Aqua Zumba w/Michele	9:00am - 9:55am Yoga w/Sharon	8:30am - 9:25am Power Sculpt w/Charlotte	9:30am - 10:25am Cycling Unlimited w/Justin
9:30am - 10:15am Cycling Unlimited w/Natalie	9:30am - 10:15am Cycling Unlimited Justin	9:05am - 9:50am Pumping H2O w/Kelly	9:30am -10:25am Cycling Unlimited w/Nicole	9:00am - 9:55am Cycling Unlimited w/Kelly	9:30am - 10:15am Cycling Unlimited w/Mike	9:30am - 10:15am LIIT w/Kathryn
9:45am - 10:40am Dance Rhythms w/Amie	9:30am - 10:15am LIIT Nicole/Charlotte	9:00am - 9:45am Cycling Unlimited Charlotte	9:45am - 10:30am Fit Camp w/Amy (GYM)**	9:00am - 9:45am Deep H2O w/Amy	9:45am - 10:30am Pumping H2O w/Karen L	10:15am - 11:00am Aqua Zumba w/Michelle
11:00am - 11:55am Pilates and Tone w/Nicole	9:45am - 10:30am Fit Camp w/Amy (GYM)**		9:45am - 10:40am Zumba w/Heidy	10:05am - 10:50am Power Sculpt w/Amy	9:45am - 10:40am Zumba w/Sara	10:30am - 11:30am 20/20/20 w/Kathryn
12:00pm - 12:45pm Strong and Balanced w/Natalie		9:30am - 10:25am Yoga w/Sharon	10:45am - 11:45am Barre w/Heidy	11:00am - 11:55am Mat Pilates w/Vicki	10:45am - 11:30am HIIT w/Kim	
	10:30am - 11:00am Awesome Abs Justin	10:30am - 11:00am Tai Chi w/Kelly	1:00pm - 1:45pm Deep H2O w/Susan	12:00pm - 12:45pm Strong & Balanced w/Vicki		
	11:15am - 12:00pm Circl Mobility Heidy	**11:00am -11:30am LOW w/Stephanie**				
4:30pm - 5:15pm Fit Camp w/Kathryn	12:00pm - 12:45pm Deep H2O w/Wendy	**11:30am -12pm Yo! w/Stephanie**				
5:30pm - 6:25pm Zumba w/Heidy & Maria	12:15pm - 1:00pm Zumba Gold w/Michelle		4:00pm - 4:45pm Line Dancing (Beg) w/Laura	5:00pm - 5:45pm LOW w/Stephanie		
5:30pm - 6:15pm Cycling Unlimited w/Teri	4:30pm - 5:25pm BodyPump **w/Teri**	4:30pm - 5:30pm 20/20/20 w/Teri	5:00pm - 5:55pm Line Dancing (Int.) w/Laura	6:15pm - 7:10pm BodyPump w/Karen		
6:30pm - 7:25pm BodyPump **w/Maureen**	5:30pm - 6:15pm Cycling Unlimited w/Natalie	5:30pm - 6:25pm Cycling Unlimited w/Teri	5:30pm - 6:25pm Spin and Trim w/Rachel			
6:40pm - 7:25pm Pumping H2O w/Amy B.	5:30pm - 6:15pm Step Circuit Justin	6:30pm - 7:25pm Yoga w/Jae	6:30pm - 7:25pm BodyPump w/Jae			
	6:15pm - 7:10pm Barre w/Dee Dee	6:40pm - 7:25pm Deep H2O w/Wendy				

KIDS' CLUB HOURS

Morning Hours

Monday-Friday	8:15am - 12:30pm
Saturday	8:30am - 12:30pm

Evening Hours

Monday-Thursday	4:00pm - 7:30pm

Reservations required and can be made 1 week in advance.

The Yard Hours

Monday-Thursday	4:30pm - 7:30pm
Saturday	8:30am - 12:30pm

New Classes/Changes are in BOLD!

Classes in Gray Require Sign Up (starting the day before)

(CR) Circuit Room **(GYM) Gymnasium**

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.

Yoga 101 — MIND/BODY
A welcoming 30-minute class for anyone new to yoga or looking to strengthen the basics. Learn foundational poses, alignment, breathing techniques, and simple transitions in a supportive setting.

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 | 301-829-9730