# GROUP FITNESS CLASS SCHEDULE

**EFFECTIVE: November 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 |
| 9:05am - 9:50am<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 | 9:05am - 9:50am<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)** | **9:00am - 9:30am**<br>**Yoga 101 w/Sharon**<br>**No Class 11/25** | 9:45am - 10:40am<br>Zumba<br>w/Heidy | 10:05am - 10:50am<br>Power Sculpt<br>w/Amy | 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 | | 9:30am - 10:25am<br>Yoga<br>w/Sharon | 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 | 10:30am - 11:00am<br>Tai Chi<br>w/Kelly | 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 | 11:00am -11:30am<br>LOW<br>w/Stephanie | | | | |
| 4:30pm - 5:15pm<br>Fit Camp<br>w/Kathryn | 12:00pm - 12:45pm<br>Deep H2O<br>w/Wendy | 11:30am -12pm<br>Yo!<br>w/Stephanie | | | | |
| 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 | | |
| 5:30pm - 6:15pm<br>Cycling Unlimited<br>w/Teri | 4:30pm - 5:25pm<br>BodyPump<br>w/Teri | **5:00pm - 6:00pm**<br>20/20/20<br>w/Teri | 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/Maureen | 5:30pm - 6:15pm<br>Cycling Unlimited<br>w/Natalie | 5:30pm - 6:25pm<br>Cycling Unlimited<br>**w/Rachel** | 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 | | | |
| | 6:15pm - 7:10pm<br>Barre<br>w/Dee Dee | 6:40pm - 7:25pm<br>Deep H2O<br>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**