

Group Exercise Class Schedule

Group Exercise classes are \$8 per class or included free with Total Access Membership

MONDAY

OVER EASY*

10 - 11 AM

SPORTS CENTER

ZUMBA

10:30 - 11:30 AM

SPORTS CENTER

ZUMBA

7:10 - 8:10 PM

AUDITORIUM

AQUA AEROBICS*

8:45 - 9:30 PM

SWIM STADIUM

TUESDAY

BOOT CAMP

11:45AM - 12:30 PM

SPORTS CENTER

YOGA

6:40 - 7:40 PM

SPORTS CENTER

CARDIO

KICKBOXING

7:45 - 8:30 PM

AUDITORIUM

WEDNESDAY

OVER EASY**

10 - 11 AM

SPORTS CENTER

ZUMBA

10:30 - 11:30 AM

SPORTS CENTER

YOGA

12 - 1 PM

SPORTS CENTER

ZUMBA

7:10 - 8:10 PM

AUDITORIUM

AQUA AEROBICS*

8:45- 9:30 PM

SWIM STADIUM

THURSDAY

OVER EASY**

10 - 11 AM

SPORTS CENTER

BOOT CAMP

11:45AM - 12:30 PM

SPORTS CENTER

YOGA

6:40 - 7:40 PM

SPORTS CENTER

CARDIO

KICKBOXING

7:45 - 8:30 PM

AUDITORIUM

FRIDAY

BOOT CAMP

12 - 1 PM

SPORTS CENTER

BOOT CAMP***

7 - 8 PM

SPORTS CENTER

SATURDAY

ZUMBA

9:30 - 10:20 AM

SPORTS CENTER

BOOT CAMP***

10:30 - 11:30 AM

SPORTS CENTER

*Aqua Aerobics daily fee is \$5 or \$8 per week.
Class is included with Total Access Membership.

**Over Easy exercise class is \$1 per class. Pay on site.

***Boot Camp instruction begins promptly at
10:30 AM/7 PM with no admissions
after 10:40 AM/7:10 PM

COMMIT TO A BETTER YOU!

You must be at least 15 years of age to
attend a group exercise class.

For more information please contact
the Sports Center at 323.563.5445