

August 2025 GROUP FITNESS



Classes are subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PRICING: \$50 PER MONTH, PER RESIDENT \$30 PRORATED. AFTER THE 14TH \$15 DROP-IN	Circuit & Core – 8:30 a.m. Yoga – 9:30 a.m. Circuit & Core – 7:00 p.m.	29 Circuit & Core – 8:30 a.m. Pilates – 9:30 a.m.	30 HIIT – 5:00 a.m. Circuit & Core – 8:30 a.m. Zumba – 7:00 p.m.	31 Low Impact Strength, Stretch & Tone – 8:30 a.m. Barre – 9:30 a.m. Bolly X- 7:00 p.m.	1 HIIT – 5:00 a.m. Cardio Strength & Kickboxing – 8:30 a.m.	2 Yoga – 9:30 a.m.
3 Yoga – 9:30 a.m.	4 Circuit & Core – 8:30 a.m. Yoga – 9:30 a.m. Circuit & Core – 7:00 p.m.	5 Circuit & Core – 8:30 a.m. Pilates – 9:30 a.m.	6 HIIT – 5:00 a.m. Circuit & Core – 8:30 a.m. Zumba – 7:00 p.m.	7 Low Impact Strength, Stretch & Tone – 8:30 a.m. Barre – 9:30 a.m. Bolly X- 7:00 p.m.	8 HIIT – 5:00 a.m. Cardio Strength & Kickboxing – 8:30 a.m. Yoga – 9:30 a.m.	9 Yoga – 9:30 a.m.
10 Yoga – 9:30 a.m.	11 Circuit & Core – 8:30 a.m. Yoga – 9:30 a.m. Circuit & Core – 7:00 p.m.	12 Circuit & Core – 8:30 a.m. Pilates – 9:30 a.m.	13 HIIT – 5:00 a.m. Circuit & Core – 8:30 a.m. Zumba – 7:00 p.m.	14 Low Impact Strength, Stretch & Tone – 8:30 a.m. Barre – 9:30 a.m. Bolly X- 7:00 p.m.	15 HIIT – 5:00 a.m. Cardio Strength & Kickboxing – 8:30 a.m. Yoga – 9:30 a.m.	16 Yoga – 9:30 a.m.
17 Yoga – 9:30 a.m.	18 Circuit & Core – 8:30 a.m. Yoga – 9:30 a.m. Circuit & Core – 7:00 p.m.	19 Circuit & Core – 8:30 a.m. Pilates – 9:30 a.m.	20 HIIT – 5:00 a.m. Circuit & Core – 8:30 a.m. Zumba – 7:00 p.m.	21 Low Impact Strength, Stretch & Tone – 8:30 a.m. Barre – 9:30 a.m. Bolly X- 7:00 p.m.	22 HIIT – 5:00 a.m. Cardio Strength & Kickboxing – 8:30 a.m. Yoga – 9:30 a.m.	23 Yoga – 9:30 a.m.

24 Yoga – 9:30 a.m.	25 Circuit & Core – 8:30 a.m. Yoga – 9:30 a.m. Circuit & Core – 7:00 p.m.	26 Circuit & Core – 8:30 a.m. Pilates – 9:30 a.m.	27 HIIT – 5:00 a.m. Circuit & Core – 8:30 a.m.	28 Low Impact Strength, Stretch & Tone – 8:30 a.m. Barre – 9:30 a.m. Bolly X- 7:00 p.m.	29 HIIT – 5:00 a.m. Cardio Strength & Kickboxing – 8:30 a.m. Yoga – 9:30 a.m.	30 Yoga- 9:30 a.m.
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