



GROUP FITNESS CLASS SCHEDULE

Winter 2026 - January

MONDAY MORNING	TUESDAY MORNING	WEDNESDAY MORNING	THURSDAY MORNING	FRIDAY MORNING	SATURDAY MORNING
5:30 - 6:30 AM GF202 GROUP POWER NICOLE	5:30 - 6:30 AM CR YOGA - ALL LEVELS MALLORY	5:30 - 6:30 AM GF202 GROUP POWER NICOLE	8:00 - 9:00 AM CR YOGA - ALL LEVELS NICOLE	5:30 - 6:30 AM GF202 GROUP POWER NICOLE	8:15 - 9:15 AM GF100 POWER YOGA MALLORY
8:00 - 9:00 AM GF202 BODY WORKS HABIBI	8:00 - 9:00 AM CR YOGA - ALL LEVELS NICOLE	8:00 - 9:00 AM GF202 REV. PYRAMID HABIBI	8:00 - 9:00 AM GF202 TABATA 3-2-1 HABIBI	8:00 - 9:00 AM CR ALL LEVELS HATHA YOGA JACKIE	8:15 - 9:15 AM GF202 REV. PYRAMID MICHELLE
8:00 - 9:00 AM CR YOGA - ALL LEVELS JACKIE	8:00 - 9:00 AM GF202 TABATA 3-2-1 HABIBI	8:00 - 9:00 AM CR YIN YOGA JACKIE	9:15 - 10:15 AM CR ZUMBA GOLD BELINDA	8:00 - 8:30 AM GF202 HIIT WORKOUT HABIBI	9:30 - 10:30 AM GF100 KICKBOXING JAMIE
9:15 - 10:15 AM GF100 ZUMBA DALIA	9:15 - 10:15 AM CR ZUMBA GOLD BELINDA	9:15 - 10:15 AM GF100 ZUMBA PAULA	9:15 - 10:15 AM GF100 MAT PILATES INSTRUCTOR	8:30 - 9:00 AM GF202 CORE 30 HABIBI	9:30 - 10:30 AM GF202 POUND MARIA J.
9:15 - 10:15 AM GF202 GROUP POWER KATIE	9:15 - 10:15 AM GF100 MAT PILATES INSTRUCTOR	9:15 - 10:15 AM GF202 GROUP POWER KATIE	9:15 - 10:15 AM GF202 POUND MARIA J.	9:15 - 10:15 AM GF100 ZUMBA GOLD BELINDA	10:45 - 11:45 AM GF100 ZUMBA MARIA J.
9:15 - 10:15 AM CR CHAIR YOGA JACKIE	9:15 - 10:15 AM GF202 POUND MARIA J.	9:15 - 10:15 AM CR CHAIR YOGA JACKIE	10:30 - 11:30 AM GF100 ZUMBA MARIA J.	9:15 - 10:15 AM GF202 BODY WORKS HABIBI	
10:30 - 11:30 AM GF 100 SHiNE DANCE LARI	10:30 - 11:30 AM GF100 ZUMBA MARIA J.	10:30 - 11:00 AM 103 GUIDED MEDITATION JACKIE	10:30 - 11:30 AM GF202 GROUP POWER KATIE	9:15 - 10:15 AM CR CHAIR YOGA JACKIE	HIIT / CARDIO
10:30 - 11:30 AM GF202 CYCLE KRISSA	10:30 - 11:30 AM CR SENIOR FIT SUSIE	10:30 - 11:30 AM GF100 SHiNE LIGHT LARI	10:30 - 11:30 AM CR SENIOR FIT SUSIE	10:30 - 11:30 AM CR YIN YOGA JACKIE	SENIOR
10:30 - 11:30 AM CR SENIOR FIT SUSIE	TUESDAY EVENING	10:30 - 11:30 AM CR SENIOR FIT HABIBI	THURSDAY EVENING	10:30 - 11:30 AM GF100 SENIOR FIT SUSIE	DANCE / RHYTHM
MONDAY EVENING	5:30 - 6:30 PM GF202 GROUP POWER PAULA	WEDNESDAY EVENING	5:30 - 6:30 PM GF100 ZUMBA SUSIE	10:30 - 11:30 AM GF202 GROUP POWER PAULA	MINDFULNESS
5:30 - 6:30 PM GF100 YOGA - ALL LEVELS SANDRA	5:30 - 6:30 PM GF100 ZUMBA BELINDA	5:30 - 6:30 PM GF202 BODY WORKS MICHELLE	6:45 - 7:45 PM GF 100 SHiNE DANCE LARI	6:45 - 7:45 PM GF202 POUND JAMIE	STRENGTH
5:30 - 6:30 PM GF202 ZUMBA SUSIE		5:30 - 6:30 PM GF100 ZUMBA BELINDA	6:45 - 7:45 PM GF202 POUND JAMIE	5:30 - 6:30 PM GF100 ZUMBA PAULA	
6:45 - 7:45 PM GF100 STRONG NATION SUSIE		6:45 - 7:45 PM CR THERAPUTIC YOGA SANDRA			
6:45 - 7:45 PM GF202 POUND JAMIE		6:45 - 7:45 PM GF 100 SHiNE DANCE TISA			

HIIT / CARDIO

SENIOR

DANCE / RHYTHM

MINDFULNESS

STRENGTH

LEGEND

CR = Community Room

GF100 = Group Fitness 100

GF202 = Group Fitness 202

updated 12/17/2025

CRC - GROUP FITNESS CLASS DESCRIPTIONS

There is a class for everyone, find yours. Inspire your mind and transform your body with moving classes and workouts taught by instructors devoted to making it the very best hour of your day. Our group fitness classes offer a social, energetic, and motivational atmosphere creating a transformative experience. Classes are first come first serve, with advance registration available for TRX Suspension Training class(es). Best of all, classes are included in your membership!

CLASS DESCRIPTIONS

Body Works: This 60-minute total body workout. Sculpt and tone, abs workout, high repetition, and light dumbbell workout. Improvements on muscle tones, posture, balance, and strength.

Cardio Kickboxing: Class that combines full-body aerobic exercises with boxing and martial arts moves. The focus of cardio kickboxing is twofold: movement and fun. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

Chair Yoga: The participant will move through a set of physical exercises, guided by each individual's physical anatomy; respecting the boundaries of their body's abilities in order to build strength and increase flexibility and mobility, while bringing the attention to the breath, in order to focus and concentrate on the present moment.

Cycle: Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 50-minute cycling program is geared for anyone that can ride a bike.

FamilyYoga Fun: Strengthen your bond while building balance, flexibility, and mindfulness together! This fun and interactive class is designed for parents and children to connect through gentle yoga poses, breathing exercises, and playful movement. Together, you'll explore relaxation techniques, improve coordination, and create lasting memories in a supportive and joyful environment.

Group Power: Group Power® will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! POWER UP!

HIIT/Core 30: A 30-minute high intensity interval training work out followed by a 30- minute intense standing core workout that blasts the abs and strengthens muscles in the midsection (core).

These are stand alone classes that can be done separately for a quick, intense workout, or combined for one very intense, total body workout.

Hatha Yoga is a gentle, balanced style of yoga that focuses on breathing, stretching, and controlled movements. It helps improve flexibility, strength, and relaxation through a series of poses practiced at a steady, comfortable pace. This class is great for all fitness levels and encourages mindful movement, stress relief, and overall well-being.

Intro to Meditation: Class is designed for beginners and individuals seeking a basic understanding of meditation practices. Throughout this course, you will explore various meditation techniques, philosophies, and tools that will enable you to establish a sustainable and fulfilling meditation practice in your life.

Mat Pilates: Therapeutic exercises to strengthen and stretch muscles, especially in the core or "powerhouse". Pilates emphasizes on breathing and helps with proper, balance and strength. Can be easily modified for all fitness levels.

Pound: Channel your inner rock star with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums.

Power Yoga: Power yoga is a fast paced yoga flow, that is focused on building strength and endurance. It has great cardiovascular benefits, and will help to improve muscle tone. Students leave class feeling energized and refreshed.

Reverse Pyramid: A 60-minute intense work out that targets all the major muscle groups. 4 minutes of 1 minute cycles that begin with heavy weights and work down to light or no weights. A great way to build muscular strength and endurance and blast the fat.

Senior Fit: Class specifically designed for active adults to strengthen muscles, stretch tight areas and build core strength.

SHiNE Dance: Class offers a full-body workout with cardio and toning routines that feel like a dance party.

SHiNE Light: A branch of SHiNE Dance which specializes in low impact and simplified choreography with a focus on stability and safe ranges of motion. All ages and abilities welcome.

Strong Nation: Uses fast-paced rhythms like EDM, Hip-Hop, and fusion genres like Moombathon to get the students 100% focused on the moves instead of counting reps.

Tabata 3-2-1: A high-intensity interval training (HIIT) workout, featuring exercises performed in intervals of 20 second intense drills alternating with 10 second rest periods.

Therapeutic Yoga: Suitable for all levels of practice and/or those who may be healing. It involves a gentle, holistic approach which focuses on slower flows, supportive and restorative postures, longer holds, mindful breathing, and guided meditation. Safety and honoring where one is in their body is of the greatest importance in this practice.

Yoga All Levels: This is a multi-level yoga class with modifications for individual levels of varying ability. This class is a walk-in class; available on a first-come-first-serve basis.

Yin Yoga: A slow flowing practice, holding poses for a longer period of time. Exceptionally beneficial for athletes, body builders, those looking for a deep connective tissue release and stretch or to balance a hectic lifestyle.

Zumba: Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Zumba Gold: Takes the popular Latin-dance inspired workout of Zumba and makes it accessible for seniors, beginners or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves.

Age Requirements – Participants must be at least age 16 to attend classes. **Age 13-15** must be accompanied by a participating adult. **Children 12 years and under** are not permitted in fitness classes.