

GROUP FITNESS CLASS SCHEDULE

MON

5:15am-6:00am

AQUA DEEP WATER

Competition Pool | Kate J.

CYCLING

Cycle Studio | Janet W.

BOOTCAMP

Studio 2 | Lori S.

8:30am-9:15am

STEP

Studio 2 | Amber B.

9:00am-10:00am

AQUA ZUMBA*

Competition Pool | Ashlie V.

9:30am

TOTAL STRENGTH (45 min)

Studio 2 | Amber B.

GENTLE YOGA (60 min)

Studio 1 | Rachel S.

12:15pm-12:45pm

TRX/KETTLEBELL HIIT

Functional Area | Ethan W.

4:30pm-5:15pm

STEP

Studio 2 | Sara P.

5:15pm-6:00pm

CARDIO DANCE

Studio 1 | Cass C.

6:00pm-6:45pm

LES MILLS BODYPUMP EXPRESS

Studio 2 | Lori S.

7:00pm

AQUA BARRE (45min)

Competition Pool | Melinda B.

GENTLE YOGA (60 min)

Studio 1 | Yelena M.

TUE

5:15am-6:00am

AQUA CARDIO & STRENGTH

Competition Pool | Kate J.

LES MILLS BODYPUMP EXPRESS

Studio 2 | Liz S.

RUNNERS CLUB (60 min)

Trail Point Front Entrance | Carrie S.

8:30am-9:15am

LES MILLS BODYPUMP EXPRESS

Studio 2 | Deb R.

9:00am-10:00am

AQUA KICKBOXING

Competition Pool | Alie P.

9:30am-10:15am

CYCLING

Cycle Studio | Joanna A.

10:15am-11:00am

ACTIVE AGERS

STRENGTH & STRETCH

Studio 1 | Danielle S.

12:15pm-1:15pm

ENERGIZING VINYASA YOGA

Studio 1 | Qian M.

4:30pm-5:15pm

LES MILLS BODYPUMP EXPRESS

Studio 2 | Yelena M.

5:30pm-6:15pm

BOOTCAMP

Studio 2 | Heidi S.

6:00pm-6:45pm

ENERGIZING VINYASA YOGA

Studio 1 | Jolene V.

WED

5:15am-6:00am

AQUA KICKBOXING

Competition Pool | Kate J.

CYCLING

Cycle Studio | Kristi C.

BOOTCAMP

Studio 2 | Janet W.

9:00am-10:00am

AQUA CARDIO & STRENGTH

Competition Pool | Julie S.

MAT PILATES

Studio 1 | Deb R.

9:30am-10:30am

BOOTCAMP

Studio 2 | Kristen R.

12:15pm-12:45pm

CARDIO DANCE

Studio 1 | Whitney N.

4:30pm-5:15pm

BOOTCAMP

Studio 2 | Dawn N.

5:30pm-6:30pm

LES MILLS BODYPUMP

Studio 2 | Dawn N.

6:15pm-7:15pm

AQUA CARDIO & STRENGTH

Competition Pool | Amanda G.

THU

5:15am-6:00am

AQUA CARDIO & STRENGTH

Competition Pool | Melinda B.

LES MILLS BODYPUMP EXPRESS

Studio 2 | Janet W.

RUNNERS CLUB (60 min)

Trail Point Front Entrance | Carrie S.

8:30am-9:15am

LES MILLS GRIT + CORE

Studio 2 | Amber B.

9:00am-10:00am

AQUA CARDIO & STRENGTH

Competition Pool | Alie P.

9:30am-10:15am

TOTAL STRENGTH

Studio 2 | Joanna A.

10:15am-11:00am

ACTIVE AGERS

STRENGTH & STRETCH

Studio 1 | Danielle S.

12:15pm-1:15pm

GENTLE YOGA

Studio 1 | Rachel S.

5:30pm-6:15pm

TRX/KETTLEBELL HIIT

Functional Area | Joan K.

6:00pm-6:45pm

ENERGIZING VINYASA YOGA

Studio 1 | Liz S.

CYCLING

Cycle Studio | Kathleen M.

FRI

5:15am-6:00am

BOOTCAMP

Studio 2 | Kari S.

6:15am-7:00am

CYCLING

Cycle Studio | Michelle A.

8:30am-9:15am

LES MILLS BODYPUMP EXPRESS

Studio 2 | Amber B.

9:00am-10:00am

AQUA CARDIO & STRENGTH

Competition Pool | Ashlie V.

GENTLE YOGA

Studio 1 | Laine R.

9:30am-10:15am

CYCLING

Cycle Studio | Michelle A.

10:15am-11:00am

ZUMBA*

Studio 1 | Alie P.

4:30pm-5:30pm

ENERGIZING VINYASA YOGA

Studio 1 | Melinda B.

SAT

8:30am-9:15am

STEP

Studio 2 | Heidi S.

CYCLING

Cycle Studio | Kristen R.

9:00am-10:00am

AQUA CARDIO & STRENGTH

Competition Pool | Melinda B.

9:30am-10:15am

TOTAL STRENGTH

Studio 2 | Kristen R.

10:00am-11:00am

GENTLE YOGA

Studio 1 | Qian M.



Reservations are required for all group/water fitness classes. Reservations can be made up to 48 hours in advance using our online reservations system or the MyTrailPoint app.

Effective October 3rd - December 18th