

| SUNDAY                       | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   |
|------------------------------|--|--|--|--|---|--|
|                              | 5:15-6:00 am<br>Cycling (S3)<br><br>5:30-6:15 am<br>Boot Camp (S1)   | 5:30-6:15 am<br>Strength 45 (S1)   | 5:15-6:00 am<br>Cycling (S3)<br><br>5:15-6:00 am<br>H <sub>2</sub> O Interval (LP)<br><br>5:30-6:15 am<br>H.I.I.T. (S1)  | 5:30-6:15 am<br>Strength 45 (S1)   | 5:15-6:00 am<br>Cycling (S3)<br><br>5:30-6:15 am<br>Boot Camp (S1)  |  |
| 8:00-8:45 am<br>Cycling (S3) | 7:00-7:45 am<br>H <sub>2</sub> O Interval (LP)<br><br>8:30-9:30 am<br>H <sub>2</sub> O Interval 60<br>(LP / OP)  | 8:00-9:00 am<br>Tai Chi+ (G)<br><br>8:00-8:45 am<br>Aqua 4 Energy<br>(LP / OP)<br><br>8:30-9:30 am<br>Yoga I-II (MR)   | 7:00-7:45 am<br>H <sub>2</sub> O Interval (LP)<br><br>8:30-9:30 am<br>H <sub>2</sub> O Interval 60<br>(LP / OP)  | 8:00-9:00 am<br>Tai Chi+ (G)<br><br>8:00-8:45 am<br>Aqua 4 Energy<br>(LP / OP)<br><br>8:30-9:30 am<br>Yoga I-II (MR)   | 7:00-7:45 am<br>H <sub>2</sub> O Interval (LP)<br><br>8:00-8:45 am<br>TRX*** (S1)   | 7:30-8:15 am<br>H.I.I.T. (G)<br><br>8:00-9:00 am<br>Cycle 60 (S3)  |
|                              | 9:00-9:45 am<br>Gentle Yoga (MR)<br><br>9:15-10:00 am<br>Body Sculpt (S1)<br><br>9:30-10:00 am<br>Cycle 30! (S3)<br><br>9:45-10:30 am<br>H <sub>2</sub> O Strength<br>(LP / OP)  | 9:00-9:45 am<br>H <sub>2</sub> O Strength<br>(LP / OP)<br><br>9:00-9:50 am<br>Reformer II* (S4)<br><br>9:15-10:00 am<br>Dance Blast+ (S1)<br><br>9:30-10:30 am<br>Tai Chi (G)<br><br>9:30-10:15 am<br>Cycling (S3) | 9:00-9:45 am<br>Strength &<br>Balance (S2)<br><br>9:00-10:00 am<br>Restorative<br>Yin Yoga (MR)<br><br>9:15-10:00 am<br>Body Sculpt (S1)<br><br>9:30-10:15 am<br>Cycle 30 &<br>Stretch (S3)<br><br>9:45-10:30 am<br>H <sub>2</sub> O Strength<br>(LP / OP) | 9:00-9:45 am<br>H <sub>2</sub> O Strength<br>(LP / OP)<br><br>9:00-9:50 am<br>Reformer II* (S4)<br><br>9:15-10:00 am<br>Dance Blast+ (S1)<br><br>9:30-10:30 am<br>Tai Chi (G)<br><br>9:30-10:15 am<br>Cycling (S3) | 9:15-10:15 am<br>Chair Yoga (MR)<br><br>9:15-10:00 am<br>Body Sculpt (S1)<br><br>9:30-10:15 am<br>Cycling (S3)<br><br>9:30-10:15 am<br>H <sub>2</sub> O Interval<br>(LP / OP) | 8:30-9:15 am<br>Strength 45 (S1)<br><br>9:00-10:00 am<br>Yoga I (MR)<br><br>9:30-10:15 am<br>Dance Blast (S1)<br><br>9:30-10:15 am<br>H <sub>2</sub> O Interval<br>(LP / OP) |
|                              | 10:00-11:00 am<br>Yoga I-II** (MR)<br><br>10:15-11:00 am<br>Young@Heart (G)<br><br>10:15-11:00 am<br>Dance Blast (S1)<br><br>10:30-11:15 am<br>Chair Yoga &<br>Stretch (S2)<br><br>11:15 a-12:00 pm<br>Seated Dance<br>Blast (S1)<br><br>11:15 a-12:00 pm<br>Stretch & Core (MR)<br><br>11:15 a-12:00 pm<br>Aqua 4 Energy<br>(LP / OP) | 10:00-10:45 am<br>H <sub>2</sub> O Strength<br>(LP / OP)<br><br>10:15-11:00 am<br>Complete Core<br>(S1)<br><br>10:30-11:15 am<br>Gentle Yoga (MR)<br><br>11:00-11:50 am<br>Reformer I* (S4)                        | 10:15-11:00 am<br>Young@Heart (G)<br><br>10:15-11:00 am<br>Dance Blast (S1)<br><br>10:15-11:15 am<br>Restorative<br>Yin Yoga (MR)<br><br>11:15 a-12:00 pm<br>Aqua 4 Energy<br>(LP / OP)  | 10:00-10:45 am<br>H <sub>2</sub> O Strength<br>(LP / OP)<br><br>10:15-11:00 am<br>Complete Core<br>(S1)  | 10:15-11:00 am<br>Young@Heart (G)<br><br>10:15-11:00 am<br>Dance Blast (S1)<br><br>10:30-11:30 am<br>Yoga I-II (MR)<br><br>11:15 a-12:00 pm<br>Seated Dance<br>Blast (S1)     | 10:30-11:30 am<br>Yoga II-III (MR)   |

*\*Additional fee required. \*\* Zoom option available. \*\*\*TRX Basics required.  
Classes and instructors subject to change. Updated May 1, 2024*

| SUNDAY                           | MONDAY   | TUESDAY                                      | WEDNESDAY                                    | THURSDAY   | FRIDAY | SATURDAY |
|----------------------------------|--|--|--|--|--------|----------|
| 1:00-1:45 pm<br>Dance Blast (S1) | 12:15-1:00 pm<br>Water 4 Life (AT)                 | 12:15-1:00 pm<br>Hydro Core (AT)             | 12:00-12:45 pm<br>Yoga II** (MR)             | 12:15-1:00 pm<br>Hydro Core (AT)                   |        |          |
| 2:30-3:15 pm<br>Mat Pilates (S1) |  | 1:00-1:30 pm<br>Parkinson's<br>BIG Grad (S1) | 12:15-1:00 pm<br>Water 4 Life (AT)           | 1:00-1:30 pm<br>Parkinson's<br>BIG Grad (S1)       |        |          |
| 3:30-4:30 pm<br>Yoga I-II (MR)   |  | 4:30-5:30 pm<br>Yoga I-II (MR)               | 4:30-5:15 pm<br>Reformer I* (S4)             | 4:30-5:30 pm<br>Yoga I-II (MR)                     |        |          |
|                                  | 5:00-5:45 pm<br>Gentle Yoga (MR)                   | 5:30-6:15 pm<br>H.I.I.T. (S1)                | 5:30-6:15 pm<br>Kickboxing<br>Intervals (S1) | 5:30-6:15 pm<br>H.I.I.T. (S1)                      |        |          |
|                                  | 5:30-6:15 pm<br>Hydro Interval<br>(AT)             | 6:00-7:00 pm<br>Yoga II-III (MR)             | 6:00-6:45 pm<br>Cycling (S3)                 | 5:30-6:15 pm<br>Hydro Interval<br>(AT)             |        |          |
|                                  | 5:30-6:15 pm<br>Total Body<br>Fusion (S1)          | 6:30-7:15 pm<br>Zumba** (S1)                 | 6:30-7:30 pm<br>Restorative<br>Yin Yoga (MR) | 6:15-7:00 pm<br>H <sub>2</sub> O Burn<br>(LP / OP) |        |          |
|                                  | 6:00-6:45 pm<br>Cycling (S3)                       |  |  | 6:15-7:00 pm<br>Stretch & Core<br>(S2)             |        |          |
|                                  | 6:00-7:00 pm<br>Yoga II-III (MR)                   |  |  |  |        |          |
|                                  | 6:15-7:00 pm<br>H <sub>2</sub> O Burn<br>(LP / OP) |  |  |  |        |          |
|                                  | 6:30-7:15 pm<br>Strength 45 (S1)                   |  |  |  |        |          |

*\*Additional fee required. \*\* Zoom option available. \*\*\*TRX Basics required.  
Classes and instructors subject to change.*

*Locations: AT = Aqua Track LP = Lap Pool\* OP = Outdoor Pool G = Gym MR = Meditation Room  
S1, S2, S3, S4 = Studio 1, 2, 3 (second level) & Studio 4 (main level)*

*\*Lap pool classes move to the outdoor pool, weather permitting.*

- Class Participation: Register through the Member Portal or in each location's notebook.
- Class Descriptions: Located on the Member Portal, the ProActive website and at the front desk. Classes and instructors are subject to change. Consult with the Instructor or Fitness Manager for more information.
- Studio Space: When not in use, rooms are available for independent usage. Sound systems are for staff use only.
- Safety: Water shoes are required to be worn for all aquatic group fitness classes and for individual workouts in the Aqua Track.