

Winter 2025 Adult Group Fitness Schedule

| Program | Cost | Days | Times | Dates |
|-------------|---------|-----------|-------------------|--|
| Strength | \$24.00 | Tuesday | 6:30pm-7:30pm | <p><u>Mondays</u> Jan 6- Jan 27 Feb 3- Feb 24 Mar 3- Mar 24</p> <p><u>Tuesdays</u> Jan 7- Jan 28 Feb 4 - Feb 25 Mar 4- Mar 25</p> <p><u>Wednesdays</u> Jan 8 - Jan 29 Feb 5 – Feb 26 Mar 5 – Mar 26</p> <p><u>Thursdays</u> Jan 9 – Jan 30 Feb 6 – Feb 27 Mar 6 – Mar 27</p> <p><u>Fridays</u> Jan 10 -Jan 31 Feb 7 – Feb 28 Mar 7 – Mar 28</p> |
| | | Thursday | 9:15am-10:15am | |
| Cardio Mix | \$24.00 | Monday | 9:15am-10:15am | |
| | | Thursday | 6:00pm-7:00pm | |
| Gentle Fit | \$24.00 | Monday | 10:30am-11:30am | |
| | | Tuesday | 12:00pm-1:00pm | |
| | | Wednesday | 10:30am-11:30am | |
| | | Thursday | 12:00pm-1:00pm | |
| | | Friday | 10:30am-11:30am | |
| Gotta Dance | \$24.00 | Wednesday | 9:15am-10:00am | |
| Power Zone | \$24.00 | Monday | 6:00pm - 6:45 pm | |
| | | Wednesday | 1:00 pm - 2:00 pm | |