

April Fitness & Aquatics Schedule

Monday

5:15a • EPOC

8:15a • EPOC

9a • Boom Move (M)

9:30a • Silver Sneakers (L)

10:30a • Silver Sneakers

Yoga (L)

11:30a • Upper Body Pump
(M)

4:15p • EPOC

5p • Rock Body (H)

5:30p • EPOC

Tuesday

8a • Meltdown (Pool - M)

8a • Grand Advantage (L)

9a • Fluid Motion (Pool - M)

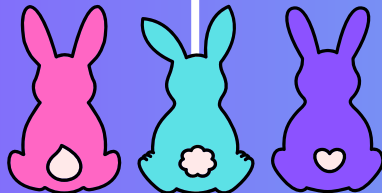
9a • Stretching & Strength (M)

10:30a • Grand Advantage (L)

4:15p • EPOC

4:30p • Boot Camp (H)

5:30p • Cardio Cycle* (H)



Wednesday

5:15a • EPOC

8:15a • EPOC

9a • Boom Move (M)

10a • Silver Sneakers (L)

11:30a • Lower Body Pump (M)

4:15p • EPOC

5p • Rock Body (H)

5:30p • EPOC

Thursday

5:45a • Cardio Cycle (H)

8a • Aqua Boot Camp
(Pool-M)

8a • Grand Advantage (L)

9a • Movin' & Groovin'
(Pool-M)

9a • Stretching & Strength (M)

10:30a • Grand Advantage (L)

4:15p • EPOC

4:30p • Boot Camp (H)

5:30p • EPOC

Friday

5:15a • EPOC

8a • River Rumble
(Pool H)

8:15a • EPOC

9a • On the Ball (M)

9a • Deep Water Burn
(Pool H)

11:30a • Lunch Crunch
(M)

Saturday

7:15a • EPOC

8:15a • EPOC

(12th, 26th)

8:30a • Rock Body (H)
(5th, 19th)

8:30a • Cardio Cycle* (H)
(12th, 26th)

*Cardio Cycle
MUST be reserved
ahead of time on our
Mind-Body app, or by
calling our front desk at
217-532-3896