November 2026 Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45am-7:00am HIIT & Run Rhonda - GES	6:30am-7:30am Self Defense Al - YG	8:00am-8:30am Aqua Stretch Sue H - Pool	6:30am-7:30am Self Defense Al - YG	5:45am-7:00am HIIT & Run Rhonda - GES
8:00am-8:30am Aqua Stretch Sue H - Pool		8:30am-9:30am Water Fit Sue H - Pool	8:30am-9:30am Water Fit Shawn - Pool	8:00am-9:00am Aqua Stretch Sue H - Pool
8:00am-8:45am Pilates & Progressions Rhonda - GES	8:00am-8:55am Yogalates Lisa - GES	8:00am-8:45am Pilates & Progressions Rhonda - GES	8:00am-8:55am Yogalates Lisa - GES	8:00am-8:45am Pilates Fusion Chelsea - GES
8:00am-8:45am Spin Holly - GES2	8:30am-9:30am Water Fit Shawn - Pool	8:00am-8:45am Spin Holly - GES2	9:15am-10:00am Strength & Sculpt Lisa - GES	8:00am-8:45am Spin Holly - GES2
8:30am-9:30am Water Fit Sue H - Pool	9:15am-10:00am Strength & Sculpt Lisa - GES	***NEW*** 9:30am-10:15am Spin Hannah - GES2	10:00am-11:00am Balance & Mobility Nancy/Renee - YG	8:30am-9:30am Aqua Dance Sue H - Pool
9:00am-10:00am Dancing with Dina Dina - GES	10:00am-11:00am Balance & Mobility Nancy/Renee - YG	9:00am-10:00am Dancing with Dina Dina - GES	10:15am-11:00am Barre Danielle - GES	9:00am-10:00am Total Body Barbell Denise - GES
10:00am-10:45am Chair Yoga Denise - YG	10:15am-11:00am Barre Danielle - GES	10:00am-10:45am Chair Yoga Denise - YG	11:00am-12:00pm Gentle Water Fit Linda - Pool	10:15am-11:00am Mobility & Core Kellie - GES
10:15am-11:15am Yoga Stacy - GES	11:00am-12:00pm Gentle Water Fit Linda - Pool	10:15am-11:00am Yoga HIIT Kellie - GES	11:15am-12:00pm Yoga Danielle - GES	11:15am-12:00pm Gentle Yoga Amanda - GES
11:30am-12:15pm Retro Sweat Rhonda - GES	11:15am-12:00pm Yoga Danielle - GES	12:00pm-1:00pm Water Fit Tina - Pool	11:15am-12:00pm Parkinsons Nancy - GES2	12:00pm-1:00pm Water Fit Tina - Pool
12:00pm-1:00pm Water Fit Tina - Pool	11:15am-12:00pm Parkinsons Nancy - GES2		Honesty Caring Respect	5:00pm-5:45pm Yoga with a Focus Lena - GES
4:15pm-5:00pm Step Challenge Jolynn - GES	4:15pm-5:00pm Tabata Tuesday Jolynn - GES		4:15pm-5:00pm Shred Jolynn - GES	6:15pm-7:00pm Lower Body Shred Mandy - GES
5:00pm-6:00pm Water Fit Linda - Pool	5:30pm-6:00pm Cycle Express Denise - GES2	5:15pm-6:00pm Yoga Sheila - GES	5:30pm-6:00pm Cycle Express Denise - GES2	SATURDAY 9:00am-10:00am Wing Tsun Ryan - GES
5:15pm-6:00pm Yoga Amanda - GES	5:00pm-6:00pm Water Fit Linda - Pool	6:15pm-7:15pm Total Body Barbell Denise - GES	5:00pm-6:00pm Water Fit Linda - Pool	10:15am-11:00am Pilates Fusion Chelsea - GES
6:15pm-7:15pm Total Body Barbell Denise - GES	6:15pm-7:00pm Yoga Flow Denise - GES		6:15pm-7:00pm Yoga Flow Denise - GES	11:15am-12:15pm Chiro:Yoga Norbert - GES
7:30pm-8:15pm Yoga Flow Kellie - GES	Youth Gym GES GES2 Pool		7:15pm-8:00pm Upper Body Shred Mandy - GES	11:00am-12:00pm Gentle Water Fit Linda - Pool
				NEW 8:00am-8:45am Spin Hannah - GES2

November Pop-Up Classes

Thur/Nov 5 Sculpt & Strength

Tues/Nov 17 Pilates

For Youth Development

For Healthy Living

For Social Responsibility