



March 2026

Class Schedule

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 5:40am Cycle w/SS 9:00am SS Chair Yoga w/SI 10:00am SS w/AA 11:00am Pilates w/SI 4:30pm Cardio Flow w/CP 5:30pm High Fitness w/SH 5:45pm Aqua w/EC 6:30pm Kettlebell w/DD	3 5:45am Body Pump w/HS 9:30am Aqua w/MA 10:00am SS w/SAS 10:30am Aqua w/MA 5:40pm Cycle w/DS 6:30pm Line Dancing w/LK	4 5:40am Cycle w/SS 10:00am SS Chair w/AA 11:00am Pilates w/SI 5:45pm Aqua w/SW 5:30pm Everyday Strong w/JM 6:30pm Kettlebell w/ME	5 5:45am Body Pump w/HS 9:30am Aqua w/MA 10:00am SS w/SAS 10:30am Aqua w/MA 11:00am Chair Volleyball 5:30 PiYo w/KC 5:40 Cycle w/DS 6:30pm Kettlebell w/DD	6 9:00am Aerobics w/MA 10:00am Chair Yoga w/MA	7 8:30am Cycle w/DS 8:30am Kettlebell w/ME 9:30am Aqua w/SAS
8	9 5:40am Cycle w/SS 9:00am SS Chair Yoga w/SI 10:00am SS w/AA 11:00am Pilates w/SI 4:30pm Cardio Flow w/CP 5:30pm High Fitness w/SH 5:45pm Aqua w/EC 6:30pm Kettlebell w/DD	10 5:45am Body Pump w/HS 9:30am Aqua w/MA 10:00am SS w/CO 10:30am Aqua w/MA 5:40pm Cycle w/DS 6:30pm Line Dancing w/LK	11 5:40am Cycle w/SS 10:00am SS Chair Yoga w/AA 11:00am Pilates w/SI 5:45pm Aqua w/SW 5:30pm Everyday Strong w/JM 6:30pm Kettlebell w/ME	12 5:45am Body Pump w/HS 9:30am Aqua w/SAS 10:00am SS w/SAS 10:30am Aqua w/SAS 11:00am Chair Volleyball 5:30p PiYo w/KC 5:40pm Cycle w/DS 6:30pm Kettlebell w/ME	13 9:00am Aerobics w/SAS 10:00am Chair Yoga w/SAS	14 8:30am Cycle w/DS 8:30am Kettlebell w/JM 9:30am Aqua w/SAS
15	16 5:40am Cycle w/SS 9:00am SS Chair Yoga w/SI 10:00am SS w/AA 11:00am Pilates w/Sherry 4:30pm Cardio Flow w/CP 5:30pm High Fitness w/SH 5:45pm Aqua w/EC 6:30pm Kettlebell w/DD	17 5:45am Body Pump w/HS 9:30am Aqua w/MA 10:00am SS w/CO 10:30am Aqua w/MA 5:40pm Cycle w/DS 6:30pm Line Dancing w/LK	18 5:40am Cyle w/SS 10:00am SS Chair Yoga w/AA 11:00am Pilates w/SI 5:45pm Aqua w/SW 5:30pm Everyday Strong w/JM 6:30pm Kettlebell w/ME	19 5:45am Body Pump w/HS 9:30am Aqua w/MA 10:00am SS w/SAS 10:30am Aqua w/MA 11:00am Chair Volleyball 5:30pm PiYo w/KC 5:40pm Cycle w/DS 6:30pm Kettlebell w/DD	20 9:00am Aerobics w/MA 10:00am Chair Yoga w/MA	21 8:30am Cycle w/DS 8:30am Kettlebell w/DD 9:30am Aqua w/SAS
22	23 5:40am Cycle w/SS 9:00am SS Chair Yoga w/SI 10:00am SS w/AA 11:00am Pilates w/SI 4:40pm Cardio Flow w/CP 5:30pm High Fitness w/SH 5:45pm Aqua w/EC 6:30pm Kettlebell w/DD	24 5:45am Body Pump w/HS 9:30am Aqua w/MA 10:00am SS w/CO 10:30am Aqua w/MA 5:40 Cycle w/DS 6:30pm Line Dancing w/LK	25 5:40 Cycle w/SS 10:00 am SS Chair Yoga w/AA 11:00am Pilates w/SI 5:45 Aqua w/SW 5:30pm Everyday Strong w/JM 6:30pm Kettlebell w/ME	26 5:45am Body Pump w/HS 9:30am Aqua w/MA 10:00am SS w/SAS 10:30am Aqua w/MA 11:00am Chair Volleyball 5:30pm PiYo w/KC 5:40pm Cycle w/DS 6:30pm Kettlebell w/ME	27 9:00am Aerobics w/MA 10:00am Chair Yoga w/MA	28 8:30am Cycle w/DS 8:30am Kettlebell w/KF 9:30am Aqua w/SAS
29	30 5:40am Cycle w/SS 9:00am SS Chair Yoga W/SI 10:00am SS w/AA 11:00am Pilates w/SI 4:40pm Cardio Flow w/CP 5:30pm High Fitness w/SH 5:45pm Aqua w/EC 6:30pm Kettlebell/DD	31 5:45am Body Pump w/HS 9:30am Aqua w/SAS 10:00am SS w/CO 10:30am Aqua w/SAS 5:40 Cycle w/DS 6:30pm Line Dancing w/LK				Aquaatics Center Cycle Room Multi Purpose Room Grubb Hub

Class Schedule

Body Pump: The original barbell class! The ideal workout for anyone looking to get lean, toned, and fit - fast. Lift weights to fun beats with good friends!

Cardio Flow: This 45-minute class is based on flow beat-blended movements that tone and sculpt, while working on flexibility, strength, and stability. No equipment necessary, just you, a mat, and the ability to go with the flow!

Cycle: Burn calories while toning your legs and core! This class can accommodate all levels, with a mixture of hills, speed, and interval training with fun and motivating music.

Everyday Strong: This class focuses on building stability and mobility while improving balance, joint control, posture and functional strength using your body weight or light dumbbells in a circuit training format.

High Fitness: Alternating bouts of high-intensity movement with moderate/active recovery means you avoid plateaus and constantly challenge your body in a safe and effective way that works for YOU. HIGH Fitness is a ZERO equipment, full body workout that has been shown to improve overall endurance, stamina, strength, and cardiovascular health. HIGH Fitness brings fun, fabulous music, and a community like no other!

Kettlebell: Utilize Kettlebells, other equipment, and bodyweight exercises to challenge your fitness while building strength and improving endurance.

Line Dancing: a choreographed dance to music where a group of people perform a sequence of steps in unison, arranged in lines or rows. (Beginner to Advanced)

Pilates – a mind-body exercise that centers on core strength involving repetitive movements to improve strength, flexibility, balance, and posture.

PiYo: combines strength training and body lengthening aspects of Pilates with the core training and stretching elements of yoga to create an entirely new workout experience that you will love!

Silver Sneakers (SS): Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seating and/or standing support.

Silver Sneakers (SS) Chair Yoga: Move through a series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

Water Aerobics/Aqua: Experience the health benefits that this low-impact, water-based exercise class has to offer. No swimming ability necessary.

AA - Abbie A.
CO - Caroline O.
CP - Carrie P.
DD - Debbie D.
DS - Donald S.
EC - Elizabeth C.
HS - Holly S.

JB - Jody Brown
JM - Jessica M.
KC - Karen C.
KF - Katelyn F.
LK - Lacey K.
MA - Meredith A.
ME - Matt E.

SaS - Sandra S.
SH - Shelby H.
SI - Sherry I.
SS - Steve S.
SW - Sonya W.