
























GROUP FITNESS

Summer 2021 Tue, July 6 – Fri, Aug 20

NEW INDOOR CLASSES
in the ARC FITNESS ZONE*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			6:30 - 7:15 AM Cycling ARC Fitness Zone Jo-Ann H. 			
8:30 - 9:15 AM Sunrise Barre ARC Fitness Zone Lisa L. 		8:30 - 9:15 AM Outdoor Boot Camp Rec Field Grace G. 		8:30 - 9:00 AM Aztec Abs Virtual Class Sofia P. 		
	10:00 - 10:45 AM Lower Body Express Rec Field Brittney C. 		10:00 - 10:45 AM Upper Body Express Rec Field Brittney C. 			
10:15 - 11:00 AM Cycling Aquaplex Bethany M. 					10:15 - 11:00 AM Cycle Core ARC Fitness Zone Sofia P. 	10:15 - 11:00 AM Hatha Vinyasa Yoga Aquaplex Daniel D. 
			12:00 - 12:50 PM Gentle Yoga Virtual Class Katherine S. 	12:00 - 12:50 PM Hatha Vinyasa Yoga Virtual Class Daniel D. 		
2:45 - 3:30 PM Power Yoga Aquaplex Daniel D. 	2:45 - 3:30 PM Aqua Boot Camp Aquaplex John N. 					
	4:30 - 5:15 PM Cycling Aquaplex Grace G. 	4:30 - 5:15 PM Cycling Aquaplex Bob M. 				
5:30 - 6:15 PM Cardio Dance ARC Fitness Zone Kash H. 			5:30 - 6:15 PM Yoga Sculpt Rec Field Keith V. 			
	5:45 - 6:30 PM Yoga at the Union ARC Express Amber L. 	5:45 - 6:30 PM Yoga at the Union ARC Express Bethany M. 	5:45 - 6:30 PM Cycling Aquaplex Bethany M. 			
6:00 - 6:50 PM Yoga Sculpt Virtual Class Megan H. 	6:00 - 6:30 PM HIIT 30 Virtual Class Sara M. 	6:00 - 6:50 PM Deep Stretch Yoga Virtual Class Cindy F. 				

* The ARC Fitness Zone is indoors on the north end of the ARC. From the ARC entrance go left. The Fitness Zone is adjacent to the cardio area.