

GROUP FITNESS

Class Schedule: Fall 2024

FITNESS & WELLNESS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle 6:30 - 7 A.M.	Sunrise Yoga 6:30 - 7:15 A.M.	FB 6:30 - 7:30 A.M.	Sunrise Yoga 6:30 - 7:15 A.M.	Fusion Flow 9:30 - 10:15 A.M.	Cycle 8:30 - 9:15 A.M.	Ride & Rep 9:30 - 10:30 A.M.
FB 7 - 8 A.M.	FB 6:30 - 7:30 A.M.	Cycle 7 - 7:30 A.M.	Cycle 6:30 - 7 A.M.	FB 10 - 11 A.M.	Rep & Restore 9:30 - 10:30 A.M.	FB 10:30 - 11:30 A.M.
Cycle 8:15 - 8:45 A.M.	Cycle 7 - 7:30 A.M.	Core & Glutes 7:45 - 8:30 A.M.	FB 7 - 8 A.M.	Mixed Fit 10:30 - 11:15 A.M.	FB 9 - 10 A.M.	FB 9 - 10 A.M.
Core & Glutes 9 - 9:30 A.M.	Cycle 8:45 - 9:15 A.M.	Cycle 8:45 - 9:15 A.M.	Cycle 8:15 - 8:45 A.M.	Cycle 11 - 11:45 A.M.	Zumba 10:15 - 11 A.M.	Zumba 10:15 - 11 A.M.
FB 9 - 10 A.M.	FB 9 - 10 A.M.	FB 9 - 10 A.M.	FB 9 - 10 A.M.	Strength & Core 11:30 A.M. - 12:15 P.M.	Cycle 10:45 - 11:15 A.M.	Cycle 10:45 - 11:15 A.M.
FB 11:30 A.M. - 12:30 P.M.	Vinyasa Yoga 9:30 - 10:15 A.M.	Fusion Flow 9:30 - 10:15 A.M.	Mat Pilates 9:30 - 10:30 A.M.	Mat Pilates Noon - 12:45 P.M.	FB 12:30 - 1:30 P.M.	FB 12:30 - 1:30 P.M.
Strength & Core Noon - 12:45 P.M.	FB Noon - 1 P.M.	FB 11:30 A.M. - 12:30 P.M.	Cardio & Core Noon - 12:45 P.M.	FB 12:30 - 1:30 P.M.	FB 2:30 - 3:30 P.M.	FB 2:30 - 3:30 P.M.
FB 2:15 - 3:15 P.M.	FB 2:15 - 3:15 P.M.	Vinyasa Yoga Noon - 12:45 P.M.	FB Noon - 1 P.M.	Cycle 1:30 - 2:15 P.M.	Cycle 5 - 5:45 P.M.	Cycle 5 - 5:45 P.M.
Cycle 2:30 - 3:15 P.M.	Cycle 2:30 - 3:15 P.M.	FB 2 - 3 P.M.	FB 2 - 3 P.M.	Zumba 2 - 2:45 P.M.		
Yin Yoga 2:30 - 3:30 P.M.	Vinyasa Yoga 2:30 - 3:30 P.M.	Cycle 2:15 - 3 P.M.	Cycle 2:15 - 3 P.M.	Vinyasa Yoga 2:30 - 3:30 P.M.		
HIIT 4 - 4:45 P.M.	FB 3:45 - 4:45 P.M.	FB 3:45 - 4:45 P.M.	HIIT 4 - 4:45 P.M.	FB 2:30 - 3:30 P.M.	Ride & Rep 9:30 - 10:30 A.M.	Ride & Rep 9:30 - 10:30 A.M.
Fusion Flow 4:30 - 5:15 P.M.	Mat Pilates 5 - 5:45 P.M.	Strength & Core 4 - 4:45 P.M.	Ride & Rep 4:45 - 5:45 P.M.	Cycle 3:30 - 4:15 P.M.	FB 10:30 - 11:30 A.M.	FB 10:30 - 11:30 A.M.
Cycle 4:45 - 5:30 P.M.	Cycle 5 - 5:45 P.M.	Cycle 4:45 - 5:30 P.M.	Power Yoga 5 - 5:45 P.M.	HIIT 3:45 - 4:30 P.M.	FB 1:30 - 2:30 P.M.	FB 1:30 - 2:30 P.M.
Mixed Fit 5:30 - 6:15 P.M.	FB 5:30 - 6:30 P.M.	Mat Pilates 5 - 5:45 P.M.	FB 5:15 - 6:15 P.M.	FB 4:30 - 5:30 P.M.	Cycle 2:15 - 3 P.M.	Cycle 2:15 - 3 P.M.
FB 5:30 - 6:30 P.M.	Zumba 6 - 6:45 P.M.	FB 5:15 - 6:15 P.M.	Cardio Dance 6 - 6:45 P.M.	Fitness FriYAY! 5 - 6 P.M. (see below)	Vinyasa Yoga 2:30 - 3:30 P.M.	Vinyasa Yoga 2:30 - 3:30 P.M.
Strength & Core 6 - 6:45 P.M.	HIIT 6:30 - 7:15 P.M.	Zumba 5:30 - 6:15 P.M.	Core & Glutes 6:00 - 6:45 P.M.		Zumba 3:45 - 4:30 P.M.	Zumba 3:45 - 4:30 P.M.
Mat Pilates 6:30 - 7:15 P.M.	Cycle 7 - 7:45 P.M.	HIIT 6:00 - 6:45 P.M.	Cycle 7 - 7:45 P.M.		Core & Glutes 4 - 4:45 P.M.	Core & Glutes 4 - 4:45 P.M.
Cycle 6:45 - 7:30 P.M.	FB 7 - 8 P.M.	Cycle 6:45 - 7:30 P.M.	Yin Yoga 7 - 7:45 P.M.		FB 4:30 - 5:30 P.M.	FB 4:30 - 5:30 P.M.
FB 7 - 8 P.M.	Fusion Sculpt 7:15 - 8 P.M.	Vinyasa Yoga 7 - 7:45 P.M.	FB 7:15 - 8:15 P.M.		Fusion Sculpt 5 - 5:45 P.M.	Fusion Sculpt 5 - 5:45 P.M.
Zumba 8 - 9 P.M.	Zumba 8 - 9 P.M.	FB 7:15 - 8:15 P.M.	Zumba 8 - 9 P.M.		Cycle 5:30 - 6:15 P.M.	Cycle 5:30 - 6:15 P.M.
		Zumba 8 - 9 P.M.			Strength & Core 6 - 6:45 P.M.	Strength & Core 6 - 6:45 P.M.
					Zumba 7:30 - 8:15 P.M.	Zumba 7:30 - 8:15 P.M.

KEY

Class Formats

- Cardio
- Cycle
- Mind Body
- Strength
- Strength & Cardio

SouthREC Locations

- Cycle
- Larson
- Room B

NorthREC Locations

- Desert
- Queenax
- Sunset
- Honors Village

FREE Class

NOTE
No classes on September 2, November 11 or November 25 - December 1

FREE CLASS

Fitness FriYAY!

Celebrate Fridays with us

Every other Friday at NorthREC* 5 - 6 P.M.

Scan QR code to confirm date & location

*In Desert or Sunset at NorthREC

FREE CLASS