

GROUP FITNESS

Fall 2026 Class Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yoga Sculpt 7 - 7:45 A.M.	Cycle 6:30 - 7 A.M.	Mat Pilates 7 - 7:45 P.M.	Cycle 6:30 - 7 A.M.	Cycle 8 - 8:45 A.M.	Cycle 8:30 - 9:15 A.M.
F45 7 - 8 A.M.	F45 6:30 - 7:30 A.M.	F45 7 - 8 A.M.	F45 6:30 - 7:30 A.M.	F45 9:30 - 10:30 A.M.	F45 9 - 10 A.M.
Cycle 8 - 8:30 A.M.	Mat Pilates 8:30 - 9:15 A.M.	Cycle 8 - 8:30 A.M.	Yoga Sculpt 8:30 - 9:15 A.M.	Core & Glutes 10 - 10:45 A.M.	Mat Pilates 9:15 - 10 A.M.
Fusion Sculpt 8:30 - 9:15 A.M.	F45 9:30 - 10:30 A.M.	F45 9:30 - 10:30 A.M.	F45 9:30 - 10:30 A.M.	Cycle 11 - 11:45 A.M.	Tempo Training 9:45 - 10:45 A.M.
F45 9:30 - 10:30 A.M.	F45 Noon - 1 P.M.	Cycle 11 - 11:30 A.M.	Yoga Sculpt 11 - 11:45 A.M.	F45 Noon - 1 P.M.	Yoga Sculpt 11 - 11:45 A.M.
Vinyasa Yoga 10 - 10:45 A.M.	Cycle 2 - 2:45 P.M.	F45 Noon - 1 P.M.	F45 Noon - 1 P.M.	Yoga Sculpt 2 - 2:45 P.M.	F45 Noon - 1 P.M.
Yoga Sculpt 11:30 - 12:15 P.M.	F45 2:30 - 3:30 P.M.	Vinyasa Yoga 12:30 - 1:15 P.M.	Cycle 2 - 2:45 P.M.	F45 2:30 - 3:30 P.M.	F45 2 - 3 P.M.
F45 Noon - 1 P.M.	Mat Pilates 3 - 3:45 P.M.	Yoga Sculpt 1:30 - 2:15 P.M.	F45 2:30 - 3:30 P.M.	Yoga Sculpt 4 - 4:45 P.M.	
F45 2:30 - 3:30 P.M.	Cycle 4 - 4:45 P.M.	Cycle 2 - 2:45 P.M.	Mat Pilates 3 - 3:45 P.M.	Zumba 4:30 - 5:15 P.M.	
Yoga Sculpt 3 - 3:45 P.M.	F45 5 - 6 P.M.	F45 2:30 - 3:30 P.M.	Vinyasa Yoga 5 - 5:45 P.M.	F45 5 - 6 P.M.	Cycle 9:30 - 10:15 A.M.
F45 5 - 6 P.M.	Vinyasa Yoga 5 - 5:45 P.M.	Mat Pilates 3 - 3:45 P.M.	F45 5 - 6 P.M.	Fitness FriYAY! 5:30 - 6:30 P.M.	F45 10 - 11 A.M.
Cycle 5:15 - 6 P.M.	Mat Pilates 5:30 - 6:15 P.M.	Yoga Sculpt 4 - 4:45 P.M.	Mat Pilates 5:30 - 6:15 P.M.		Yoga Sculpt 10:30 - 11:30 A.M.
Vinyasa Yoga 5:15 - 6 P.M.	Zumba 7 - 7:45 P.M.	F45 5 - 6 P.M.	Zumba 7 - 7:45 P.M.		F45 1:30 - 2:30 P.M.
Mat Pilates 6:30 - 7:30 P.M.	F45 7 - 8 P.M.	Mat Pilates 6:30 - 7:30 P.M.	F45 7 - 8 P.M.		F45 4:30 - 5:30 P.M.
F45 7 - 8 P.M.		F45 7 - 8 P.M.			Mat Pilates 5 - 5:45 P.M.

FREE CLASS

Fitness FriYAY!

Celebrate Fridays with us

Every other Friday at North Rec*

5:30 - 6:30 P.M.

Scan QR code to confirm date & location

*In Queenax or Sunset at North Rec

FREE CLASS

Bring a Friend Friday!

Passholders can bring non-passholders to Friday classes for **FREE!**

KEY

Class Formats

Cardio

Cycle

Mind Body

Strength

Strength & Cardio

South Rec Locations

Cycle

Larson

Room A

Room B

Front Foot

North Rec Locations

Desert

Queenax

Sunset

Honors Village

NOTE

FREE week August 24 - 30

No classes on September 9, November 11, 26 - 29.

GROUP FITNESS

Class Descriptions



Accessibility Levels

- OPEN ACCESSIBILITY** Classes are appropriate for all skill and fitness levels. Exercises can be modified to be seated, laying, or standing to fit the format of the class. Intensity is based on your comfort level and self-pacing.

MODERATE ACCESSIBILITY Exercises can be modified but minor portions of the format may provide a barrier to some participants. Moderate movement skills and intensities are programmed but can be adapted.

LIMITED ACCESSIBILITY Class is designed for higher intensity and movement. Modifications are provided, however depending on the format, there may be barriers. Higher intensities and skilled movements will be demonstrated and encouraged but are not necessary to the efficacy of the class. All levels of fitness are still encouraged to participate and intensity is based on your comfort level and self-pacing.

F45

F45: The world’s fastest-growing functional training network. This class offers a high-intensity, circuit-style workout for all individuals. You will get the chance to use diverse equipment and movement patterns to increase cardio respiratory, joint, and muscular health. All workouts are created by the F45 database of over 3,000 different exercises, so you will never get the same workout twice 🐾🐾🐾

Cardio & Strength

CORE & GLUTES: Focus on your core strength and stability with this express class. This class will challenge the way you think about core training and take you beyond your normal floor crunches. Exercises are designed to challenge all the muscles of the core to improve posture, balance, and overall body function 🐾

TEMPO TRAINING: In this full body workout, you’ll use high-energy music as your pacer while you build muscular adaptations. Using light to moderate weight selection, this resistance workout emphasizes proper alignment and form and is appropriate for beginners and experienced lifters alike. 🐾🐾

Cycling

CYCLE: A high-energy cycling workout that will push your fitness limits and will build muscular strength and cardio respiratory endurance through a mix of interval training, climbs, endurance work, and sprints. Training on a bike makes this workout low-impact, yet challenging. Make this class as intense as you wish- it is YOUR ride! 🐾🐾

Dancing

ZUMBA: A dance-based fitness class featuring exotic rhythms that are set to high-energy Latin and international beats. This class offers a fun way to get the benefits of cardiovascular training while having fun within Zumba’s dance community. All are welcome to join! 🐾🐾

Mind/Body

FUSION SCULPT: A combination of an inspired vinyasa flow with free weights to improve muscular endurance. It is a fun full body workout that provides high energy music! Whether you are new to mind/body or experienced, this class will provide all levels with a unique challenge both physically and mentally! 🐾🐾

MAT PILATES®: This class will focus on concentration, centering, control, breath, precision, and flow through a series of movements and exercises that advance training and core strength. This combination of purposeful movements helps to improve posture, muscle endurance, and core stability. Pilates is a great way to reduce stress 🐾🐾

SOUL BODY YOGA SCULPT: Combines the foundations of yoga with traditional resistance exercises and cardio bursts for a mindfully intense workout. Designed to work the entire body, each pre-choreographed release has been carefully crafted with a variety of dynamic exercises that bring balance from head to toe. Alignment and safety are top priority, so each release offers modifications making Yoga Sculpt a class for any fitness level! 🐾

VINYASA YOGA: A flow-sequenced yoga practice that uses a series of flowing postures linked by the breath to stretch and strengthen your body and mind. This class offers various flowing postures to create energy from within and utilizes the connection between body and breath. 🐾

YOGA SCULPT: Yoga Sculpt incorporates traditional yoga poses and hand weights with cardiovascular and muscular training. This practice starts by setting an intention with a 15-minute yoga Sun A and Sun B flow and leads into exercises that target the total body. After a full body workout, the class returns to traditional yoga poses to return to the initial intention of class and prepare for final savasana. 🐾🐾

YIN YOGA: A slow-paced practice where postures are held for extended typically 3-5 minutes! Yin Yoga targets deep connective tissue, enhances flexibility and joint mobility 🐾🐾

Fitness FriYay!

Celebrate Friday with us! Every other Friday, we will offer a free special class with double the instructors! Fitness FriYAY will consist of a mix of class formats on both the schedule and new offerings. Check out the schedule on our website for more details! Class dates: 9/4, 9/18, 10/2, 10/16, 10/30, 11/13, 12/4

