



OPEN HOUSE CLASS SCHEDULES

🕒 8:30am–9:00am

Treadmill: **Tread & Shred** – Meagan
Mind Body: **Pilates** – Tessie
Studio 1: **Powerhouse Dance** – Amanda
Spin: **Ride** – Debbie
Pool: **Aquafit PowerWaves** – Ellyn
Performance Center: **Burn** – Denise

🕒 9:10am–9:40am

Mind Body: **Barre** – Nicole
Studio 1: **Full Body HIIT** – Lauren/Melanie
Spin: **Ride** – Meagan
Pool: **Deep Water Running** – Joan
Performance Center: **CrossFit** – Chili

🕒 9:50am–10:20am

Mind Body: **Yoga** – Ryan
Studio 1: **Lift** – Meagan/Denise
Spin: **Ride** – Chris
Performance Center: **CrossFit** – Chili

🕒 10:30am–11:00am

Mind Body: **Barre** – Cassie
Studio 1: **Dance** – Tina Martin
Spin: **Ride** – Denise
Pool: **E.E. Swim** – Jeff/Ginge

🕒 11:10am–11:40am

Treadmill: **Tread & Shred** – Meagan
Mind Body: **Balance** – Jenny
Studio 1: **CardioFit** – Kathy
Pool: **Aqua Strength** – Jeanne
Performance Center: **E.E. Strength** – Jeff

🕒 11:50am–12:20pm

Mind Body: **Barre** – Marilyn
Studio 1: **Best Butt Ever** – Jenn
Spin: **Ride** – Heather
Gym: **SR MetStrength** – Jenny/Kim

Foundations (9:00 am – 10:00 am)

Tennis Games (9:30 am – 11:00 am)

Pickleball Drills (10:00 am – 10:30 am)

Pickleball Games (10:30 am – 11:00 am)

Pickleball Drills (11:00 am – 11:30 am)

Pickleball Games (11:30 am – 12:00 pm)