RENOVATIONS CLASS SCHEDULE

November 2026

STUDIO ONE	MON	TUE	WED	THURS	FRI	SAT	SUN
5:00 AM	LIFT		LIFT				
5:30 AM		BURN		BURN	BUILD		
6:30 AM	BUILD	BURN	UPPER BODY STRONG	BURN	BUILD		
7:30 AM	BUILD	**BURN30**	BEST BUTT EVER	**BURN30**	BUILD		
8:00 AM		**CORE 30**		**CORE 30**		BURN	
8:15 AM	FULL BODY HIIT		FULL BODY HIIT				
8:45 AM		PURE STR		PURE STR			
9:00 AM	**KETTLEFIT 30**		PURE STRENGTH		**UPPER BODY EXPRESS**	LIFT	
9:45 AM	PURE STRENGTH	ZUMBA		CARDIOFIT	LIFT		
10:00 AM			BUILD				WEEKEND WARRIOR
10:15 AM						POWERHOUSE DANCE	
11:00 AM	TAI CHI	AGELESS AGILITY	SR. MET STRENGTH		SR. MET STRENGTH		
12:00 PM		SIT STRONG	**MOVEMENT AND MOBILITY**	CHAIR YOGA			
4:30 PM	CARDIOFIT						
4:45 PM		RED ZONE		RED ZONE			
5:30 PM	RED ZONE						
6:30 PM			POWERHOUSE DANCE				
7:30 PM	CARDIO BOXING						

SPIN STUDIO	MON	TUE	WED	THURS	FRI	SAT	SUN
5:00 AM		RIDE		RIDE			
6:00 AM	**RIDE 30**		**RIDE 30**		**RIDE 30**		
8:00 AM						RIDE	
8:30 AM	RIDE		RIDE		**RIDE 30**		
8:45 AM		BURN		BURN			
9:30 AM							RIDE
9:45 AM		**RIDE 30**		**RIDE 30**			
10:00 AM	SR. MET STREGTH		BUILD			RIDE	
12:00 PM	**RIDE 30**		**RIDE 30**				
5:30 PM	RIDE		RIDE				
6:00 PM		**RIDE 30**		**RIDE 30**			

CLASSES SHOWN IN BOLD ARE 30 MINUTES LONG.

GENESIS HEALTH CLUBS

MIND BODY	MON	TUE	WED	THURS	FRI	SAT
6:00 AM					GENTLE YOGA	
8:30 AM	BEYOND THE BARRE	FUNCTIONAL YOGA		FUNCTIONAL YOGA	**BOOTY BARRE 30**	PILATES SCULPT
8:45 AM			TOTAL BODY BARRE			
9:45 AM	RENEW YOGA & MEDITATION	PILATES	FUNCTIONAL YOGA	PILATES SCULPT	STRENGTH & FLOW	HEATED POWER FLOW
11:00 AM	BALANCE TRAINING	YIN YOGA	GENTLE YOGA	BALANCE TRAINING	GENTLE YOGA	GENTLE YOGA
12:00 PM		BARRE				
5:30 PM	ALL LEVELS FLOW	PILATES SCULPT	GENTLE YOGA	PILATES SCULPT		
6:30 PM		WARM POWER FLOW		WARM POWER FLOW		
WATER	**MON**	**TUE**	**WED**	**THURS**	**FRI**	**SAT**
5:30 AM		EE SWIM	EE SWIM	EE SWIM		
7:00 AM	DEEP WATER RUNNING		DEEP WATER RUNNING		DEEP WATER RUNNING	EE SWIM
8:30 AM	HYDRO HIIT	AQUA INTENSITY	FLUID MOVES	POWER WAVES	FIT FRIDAY	
9:00 AM						SATURDAY SPLASH
9:45 AM		EE SWIM		EE SWIM		
CIRCUIT STUDIO	**MON**	**TUE**	**WED**	**THURS**	**FRI**	**SAT**
8:30 AM	FREE-STYLE CIRCUIT		FREE-STYLE CIRCUIT		BALANCE CIRCUIT	
9:45 AM	YES CIRCUIT		YES CIRCUIT		YES CIRCUIT	
BRASS PELICAN CROSSFIT	**MON**	**TUE**	**WED**	**THURS**	**FRI**	**SAT**

CrossFit Classes Temporarily Canceled During Free Weight Room Closure

PLEASE NOTE: BPCF CLASSES HAVE A **10-PARTICIPANT MAXIMUM**. ADVANCE REGISTRATION THROUGH THE MEMBER PORTAL IS STRONGLY ENCOURAGED TO SECURE YOUR SPOT.

GENESIS HEALTH CLUBS