

**NOTE:** All classes 50 minutes long unless otherwise noted.

VISUAL GROUPX SCHEDULE  
April 11 - June 26 , 2022

rev. 4/21/2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	Spin (O)		Spin (O) 6 - 6:45 AM		Alignment-based Vinyasa Yoga (O) 6 - 6:45 AM	
7:00 AM						
8:00 AM	Core & More (S)	Dance Fit Mix (O)	Yoga Core (S)	Dance Fit Mix (O)	Core & More (S)	
9:00 AM	Silver Sneakers® Classic (S)	Strength & Conditioning (O)	Silver Sneakers® Classic (S)	Strength & Conditioning (O)	Silver Sneakers® Classic (S)	Yoga Core (S) 9 - 10 AM
9:30 AM	Hatha Yoga (V) 9:30 - 10:30 AM		Hatha Yoga (V) 9:30 - 10:30 AM		Hatha Yoga (V) 9:30 - 10:30 AM	
10:00 AM	Bars, Benches & Balls (S)	Flow Yoga (S)	Bars, Benches & Balls (S)	Flow Yoga (S)	Classic Mat Pilates (S)	
11:00 AM	Hatha Yoga (S)	Gentle Yoga (S)		Gentle Yoga (S)	Hatha Yoga (S)	
12:00 PM	Functional Strength Express(O) 12:15 - 12:45 PM	Feeling Fit (O)	Functional Strength Express(O) 12:15 - 12:45 PM	Feeling Fit (O)	Functional Strength Express(O) 12:15 - 12:45 PM	
1:00 PM				Dance Fit Mix (O)		
5:00 PM			Zumba® (O) 5 - 6 PM			

**Legend:** O = Onsite only; V = Virtual only; S = Simulcast

**Fees**

**Single Sessions**

- \$6 - Pool/Rec Swim (no GroupX)
- \$8 - Gym/Onsite Group Fitness
- \$5 - Virtual Group Fitness
- \$3 Shower only

**Monthly Passes**

- \$55/\$60\* - Individual Pool only (no GroupX)
- \$65/\$70\* - Individual Gym/Onsite Group Fitness
- \$75/\$80\* - Individual All-Access
- \$110/\$115 - Family<sup>†</sup> All-Access
- \$45 - Virtual Group Fitness only

**Quarterly Passes**

- \$157/\$172 - Individual Pool/Rec Swim (No GroupX)
- \$185/\$200 - Individual Gym/Onsite GroupX
- \$214/229 - Individual All-Access
- \$314/\$329 - Family<sup>†</sup> All-Access

**Annual Passes**

- \$605/\$660 - Individual Pool/Rec Swim (No GroupX)
- \$715/\$770 - Individual Gym/Onsite GroupX
- \$825/\$870 - Individual All-Access
- \$1210/\$1265 - Family<sup>†</sup> All-Access

*Notes: \*Out of District; <sup>†</sup>Residing at the same address. Verification may be required.*