

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

VISUAL GROUPX SCHEDULE  
July 18 - August 7, 2022

rev. 7/11/2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	Spin (O)	Boot Camp with JD	Spin (O) 6 - 6:45 AM	Boot Camp with JD	Alignment-based Vinyasa Yoga (O) 6 - 6:45 AM	
7:00 AM	Boot Camp with JD		Boot Camp with JD		Boot Camp with JD	
8:00 AM	Core & More (S)	Dance Fit Mix (O)	Yoga Core (S)	Dance Fit Mix (O)	Core & More (S)	Boot Camp with JD
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
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		HIIT Circuit 5:30 - 6:15 PM	Movin' & Groovin' (O) 5:30 - 6:30 PM	HIIT Circuit 5:30 - 6:15 PM		

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

<u>Fees</u>	
<b>Single Sessions</b>	<b>Quarterly Passes</b>
\$6 - Pool/Rec Swim (no GroupX)	\$157/\$172 - Individual Pool/Rec Swim (No GroupX)
\$8 - Gym/Onsite Group Fitness	\$185/\$200 - Individual Gym/Onsite GroupX
\$5 - Virtual Group Fitness	\$214/229 - Individual All-Access
\$3 Shower only	\$314/\$329 - Family <sup>†</sup> All-Access
<b>Monthly Passes</b>	<b>Annual Passes</b>
\$55/\$60* - Individual Pool only (no GroupX)	\$605/\$660 - Individual Pool/Rec Swim (No GroupX)
\$65/\$70* - Individual Gym/Onsite Group Fitness	\$715/\$770 - Individual Gym/Onsite GroupX
\$75/\$80* - Individual All-Access	\$825/\$870 - Individual All-Access
\$110/\$115 - Family <sup>†</sup> All-Access	\$1210/\$1265 - Family <sup>†</sup> All-Access
\$45 - Virtual Group Fitness only	
<i>Notes: *Out of District; †Residing at the same address. Verification may be required.</i>	