



Fall 2022

September 21 – December 31, 2022

*Schedule subject to change
rev. 9/21/2022*

FITNESS

Land Group Fitness Schedule

MONDAY/ WEDNESDAY

6 – 6:50 AM: Spin (Mon.) (O)
6 – 6:45 AM: Spin (Wed) (O)
7 – 7:50 AM: Boot Camp with JD (O)
8 – 8:50 AM: Core & More (Mon. only, O, V)
8 – 8:50 AM: Yoga-Core (Wed. only, O, V)
9 – 9:50 AM: SilverSneakers® Classic (O, V)
10 – 10:50 AM: Bars, Benches & Balls (O, V)
11 – 11:50 AM: Barre Above® (Wed. only, O, V)
12:15 – 1 PM: Functional Strength Express (Mon. only, O)
5:30 – 6:30 PM: Movin' & Groovin' (Wed. only, O)

TUESDAY/ THURSDAY

6 – 6:50 AM: Boot Camp with JD (O)
7 – 7:50 AM: Barre Above® (O, V)
8 – 8:50 AM: Dance Fit Mix (O)
9 – 9:50 AM: Strength & Conditioning (O, V)
10 – 10:50 AM: Flow Yoga (O, V)
11 – 11:50 AM: Gentle Yoga (O, V)
12 – 12:50 PM: Feeling Fit (O)
5:30 – 6:15 PM: Cardio Happy Hour (O) Begins Oct. 4

FRIDAY

7 – 7:50 AM: Boot Camp with JD (O)
8 – 8:50 AM: Core & More (O, V)
9 – 9:50 AM: Silver Sneakers Classic (O, V)
10 – 10:50 AM: Classic Mat Pilates (O, V)
12:15 – 1 PM: Functional Strength Express (O)

SATURDAY

9:00 – 10:00 AM: Yoga-Core (O, V)

Gym Hours & Information

Monday – Friday: 6 AM – 7 PM

Saturday & Sunday: 8 AM – 3 PM

All sessions are 60 - minutes long and by appointment. Please use our Self-service Portal, the MemberMe+ app, or call the front desk to reserve your session(s).

Please follow all current masking protocols as posted.

Upcoming Facility Closure Dates:

September 24 – 25: Fall Thunderbird Swim Meet

October 1 – 2: PNS Swim Meet

November 4 @ Noon (Pool only) & November 5 (entire facility): HS Girls Swim & Dive District Swim Meet

November 19 – 20: Pacific NW Swimming Age-group Invitational

November 24: Thanksgiving Day

December 24 @ Noon: Christmas Eve

December 25: Christmas Day

December 31 @ Noon: New Year's Eve

January 1, 2023: New Year's Day

Group Fitness Class Activity

Please follow all current masking protocols as posted. Registration and check-in for all land and aquatic group fitness classes is required.

Class format key:

O = Onsite

V = Virtual

Current fees: Virtual \$5/class; Onsite \$8.00/class.

Contact Information:

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