

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

**VISUAL GROUPX SCHEDULE**  
September 21 - December 31 , 2022

rev. 9/21/2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6:00 AM</b>	Spin (O)	Boot Camp with JD	Spin (O) 6 - 6:45 AM	Boot Camp with JD		
<b>7:00 AM</b>	Boot Camp with JD	Barre Above®	Boot Camp with JD	Barre Above®	Boot Camp with JD	
<b>8:00 AM</b>	Core & More (S)	Dance Fit Mix (O)	Yoga Core (S)	Dance Fit Mix (O)	Core & More (S)	
<b>9:00 AM</b>	Silver Sneakers® Classic (S)	Strength & Conditioning (O)	Silver Sneakers® Classic (S)	Strength & Conditioning (O)	Silver Sneakers® Classic (S)	Yoga Core (S) 9 - 10 AM
<b>10:00 AM</b>	Bars, Benches & Balls (S)	Flow Yoga (S)	Bars, Benches & Balls (S)	Flow Yoga (S)	Classic Mat Pilates (S)	
<b>11:00 AM</b>		Gentle Yoga (S)	Barre Above®	Gentle Yoga (S)		
<b>12:00 PM</b>	Functional Strength Express(O) 12:15 - 1 PM	Feeling Fit (O)		Feeling Fit (O)	Functional Strength Express(O) 12:15 - 1 PM	
<b>5:30 PM</b>		Cardio Happy Hour (begins 10/4) 5:30 - 6:15 PM	Movin' & Groovin' (O) 5:30 - 6:30 PM	Cardio Happy Hour (begins 10/4) 5:30 - 6:15 PM		

**Legend:** O = Onsite 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.*