

NOTE: All classes 50 minutes long unless otherwise noted.

VISUAL GROUPX SCHEDULE
September 21 - December 31 , 2022

rev. 10/18/2022

	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		
7:00 AM	Boot Camp with JD	Barre Above®	Boot Camp with JD	Barre Above®	Boot Camp with JD	
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
10:00 AM	Bars, Benches & Balls (S)	Flow Yoga (S)	Bars, Benches & Balls (S)	Flow Yoga (S)	Classic Mat Pilates (S)	
11:00 AM		Gentle Yoga (S)	Barre Above®	Gentle Yoga (S)		
12:00 PM	Functional Strength Express(O) 12:15 - 1 PM	Feeling Fit (O)		Feeling Fit (O)	Functional Strength Express(O) 12:15 - 1 PM	
5:30 PM		Cardio Happy Hour 5:30 - 6:15 PM		Cardio Happy Hour 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[†] 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[†] 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[†] All-Access

*Notes: *Out of District; [†]Residing at the same address. Verification may be required.*