

FITNESS

Land Group Fitness Schedule

MONDAY/ WEDNESDAY

6 – 6:50 AM: Spin (Mon.) (O)
6 – 6:45 AM: Spin (Wed) (O)
8 – 8:50 AM: Pumped Up Strength (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: Hatha Yoga (Mon. only, O, V)
11 – 11:50 AM: Barre Above® (Wed. only, O, V)
12:15 – 1 PM: TRX Functional Strength (Mon. only, O)
12 – 12:50 PM: Pumped Up Strength (Wed. only, O, V)
5:30 – 6:20 PM: TRX Yoga with Julie (Wed. only, O)

TUESDAY/ THURSDAY

6 – 6:45 AM: Boot Camp (Tues. only, 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 – 5:45 PM: Butts & Guts (O)

FRIDAY

7 – 7:45 AM: Boot Camp (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: TRX Functional Strength (O)

SATURDAY

9:00 – 10:00 AM: Yoga-Core (O, V)
10:15 – 11 AM: Butts & Guts (O)

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).

Fitness Center Equipment Orientations available by reservation.

Personal Training @ FPFC

Would you like workouts designed specifically for you?
Contact one of our personal trainers to set up a consultation.
Single sessions or packages of 5 or 10 sessions available.
See our brochure at the front desk for more information.

Upcoming Facility Closure Dates:

March 12 (Pool only): March Madness Masters Swim Meet
April 9: Easter
April 21 @ Noon – April 23: Spring Thunderbird Swim Meet
May 29: Memorial Day
July 4: Independence Day

Group Fitness Class Activity

Registration and check-in for all land and aquatic group fitness classes is required.

Class format key: O = Onsite V = Virtual

Contact Information:

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