

2026

August Group Fitness Class Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 8:00 AM	6:00-7:00 AM Water Aerobics Missy/Rhonda	8:25-8:55 AM Aquatic Power Chris	6:00-7:00 AM Water Aerobics Missy/Rhonda	8:25-8:55 AM Japanese Aqua Walk Barb	8:25-8:55 AM Aquatic Power Chris	
9:00 AM	9:00-10:00 AM Arthritic H2O Debbie	9:00-10:00 AM Arthritic H2O Chris	9:00-10:00 AM Arthritic H2O Debbie	9:00-10:00 AM Water Tabata Barb	9:00-10:00 AM Arthritic H2O Chris	9:15-10:00 AM Aqua Temple Stacy
10:00 AM	10:15-11:15 AM Water Aerobics Barb	10:15-11:15 AM Water Aerobics Barb	10:15-11:15 AM Water Aerobics Debbie	10:15-11:15 AM Water Aerobics Debbie	10:15-11:15 AM Water Aerobics Chris	
5:00 PM	5:00-6:00 PM Water Aerobics Debbie	5:00-6:00 PM Stride & Stretch H2O Debbie		5:15-6:00 PM Aqua Temple Stacy		
7:00 PM		7:00-8:00 PM Aqua Temple Stacy				
6:00 7:00 PM	7:15-8:00 AM Yoga Missy	6:00-7:00 AM Temple Challenge Stacy	7:15-8:00 AM Yoga Missy	6:00-7:00 AM Temple Challenge Stacy		
8:00 AM	8:00-9:00 AM Temple Challenge Stacy	8:00-9:00 AM Temple Challenge Stacy	8:00-9:00 AM Temple Challenge Stacy	8:00-9:00 AM Temple Challenge Stacy	8:00-9:00 AM Temple Challenge Stacy	8:00-9:00 AM Temple Challenge Stacy
8:30 AM	8:15-8:50 AM Japanese Style Walking Barb					8:30-9:30 AM Spinning Candy
9:00 AM	9:00-10:00 AM Cardiotonic Barb	9:30-10:00 AM Chair Fit Barb	9:00-10:00 AM Cardiotonic Barb		9:00-10:00 AM Cardiotonic Patty	
10:15 AM		10:15-11:15 AM Forever Young Chris		10:15-11:00 AM Seated Strength, Movement & Stretch Barb	10:15-11:15 AM Yoga Patty	
11:00 AM		11:15-12:00 PM Forever Young Pt. 2 Chris			11:30-12:15 PM Tai Chi Patty	
					12:15-12:45 PM Advanced Tai Chi Patty	
4:00 PM	4:15-5:15 PM Temple Challenge Stacy	4:15-5:15 PM Temple Challenge Stacy	4:15-5:15 PM Temple Challenge Stacy	4:15-5:15 PM Temple Challenge Stacy		
5:00 PM	5:00-5:40 PM Barre Missy	5:00-5:45 PM Sculpt & Strength Kenzie	5:00-5:40 PM TRX Missy	5:15-6:00 PM Body Sculpt Brittany		Key New Class New Time Water Class Extra Cost (Not Included with Membership)
5:30 PM	5:45-6:30 PM Power Yoga Missy		5:45-6:30 PM Gentle Yoga Missy			
6:00 PM		6:00-7:00 PM Zumba Carisa		6:15-7:15 PM Zumba Carisa		