

2026

October Group Fitness Class Schedule



	Monday	Tuesday	Wednesday	Thursday		Friday	Saturday
6:00 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 AM		6:00-7:00 AM Temple Challenge Stacy		6:15-7:00 AM Pilates/Yoga Fusion Rhonda	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	9:45-10:45 AM Oct. 3rd, 17th & 31st ONLY! Buns, Guns & Abs Angie
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		11:25-12:00 PM 3 Month Challenge: Chair Leg Power 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 TRX Missy	5:00-5:45 PM Sculpt & Strength Kenzie	5:00-5:40 PM Wall Pilates 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	6:00-7:00 PM Beginner Spin Harry	6:15-7:15 PM Zumba Carisa			