

Modified Group Fitness Schedules during Just Between Friends Sale Week August 23 - 28, 2021

Please note:

All regularly scheduled Main Group Fitness classes that are normally held outside or on our turf fields will not be held.

All regularly scheduled Active Aging classes will not be held during this week.

Main Group Fitness class additions

Monday, August 23 | 4:30 - 5:15 PM:
HIIT with Kyle Worrell in Blue Studio

Tuesday, August 24 | 6:30 - 7:15 PM:
HIIT with Lauren Degler in Blue Studio

Active Aging Classes

Monday, August 23 | 10:45 - 11:45 AM:
SilverSneakers Circuit with Jackie Confalone in Blue Studio

Tuesday, August 24 | 10:45 - 11:40 AM:
SilverSneakers Circuit with Chris Butler in Blue Studio