



DROP-IN GROUP FITNESS SCHEDULE*

*Subject to weekly change.

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7 - 8 a.m.			Dynamic Stretch and Strength Lily Lee Spirit Room.				
8 - 9 a.m.	Interval Step Lily Lee Spirit Room	Interval Sculpt Lily Lee Spirit Room 8 - 8:45 a.m.	Stability Ball Fitness Lily Lee Spirit Room 8:05 - 9:05 a.m.	Interval Sculpt Lily Lee Spirit Room	Core and More Lily Lee Spirit Room	Full Body Fusion Lily Lee Spirit Room	Super Sweaty Sunday! Sports Gym 8:30 - 9:45 a.m.
9:15 - 10:15 a.m.	Core and Stretch Sports Gym 9:10 - 10:10 a.m.	Step and Sculpt Sports Gym 9:05 - 10:05 a.m. Strength and Conditioning Lily Lee Spirit Room 9:15 - 10:15 a.m.	Strength and Conditioning Sports Gym	Cardio Step Sports Gym 9 - 10 a.m.	Hatha Yoga Ocean Room 9 - 10:15 a.m. Body Sculpt Sports Gym	Community Cardio Pump Sports Gym	
10:30 - 11:30 a.m.	Dynamic Stretch Lily Lee Spirit Room	Dynamic Stretch Lily Lee Spirit Room	Classic Stretch Lily Lee Spirit Room	Dynamic Stretch Lily Lee Spirit Room	Dynamic Stretch Lily Lee Spirit Room	Hatha Yoga Ocean Room 10:30 - 11:45 a.m.	Flow Yoga Ocean Room 10 - 11:15 a.m.
12 - 1 p.m.	B45 Lily Lee Spirit Room 12 - 12:45 p.m.	Strength Circuit Lily Lee Spirit Room 12 - 12:45 p.m.	Fit Foundations Dance and Fitness Studio 12:05 - 1:05 p.m.	Strength and Conditioning Lily Lee Spirit Room 12 - 12:45 p.m.	Cardio HIIT Ocean Room 12 - 12:45 p.m.		Yoga 45 Ocean Room 11:30 a.m. - 12:15 p.m.
3:30 - 4:30 p.m.							
5 - 6 p.m.	Interval Sculpt Dance and Fitness Studio 5 - 5:55 p.m.						
6 - 7 p.m.	Core and More Dance and Fitness Studio	MET Lily Lee Spirit Room	Cardio Beat Basics Dance and Fitness Studio	Groove and Pound Lily Lee Spirit Room 6 - 7 p.m. Caribbean Cardio Ocean Room 6:15 - 7:10 p.m.			
7:30 - 8:45 p.m.				Community Relaxing Yoga Ocean Room			

DROP-IN GROUP FITNESS PROGRAMS

B45

Crank out those reps in this endurance-focused strength training class! Perform high repetition movements with no weights, small weights, bands, gliders, and other small equipment.

Body Sculpt

Engage in strength and endurance training mixed with cardio intervals in this full-body workout.

Cardio Beat Basics

Move to the beat as you sweat to simple, but fun high/low choreographed cardio moves.

Cardio HIIT

Use body weight, plyometrics, and equipment to sweat through bursts of various exercises.

Cardio Pump

Engage in a choreographed, high/low-impact class with light muscle conditioning.

Cardio Step

This high-energy step class includes patterns, strength exercises, and routines to music. Finish with a stretch.

Caribbean Cardio

Listen to Salsa, Merengue, and Reggaetón music with choreographed dance-fitness exercises.

Classic Stretch

Relax and increase your flexibility in this moderately paced, total-body stretch class.

Community Cardio Pump

Engage in a choreographed, high/low-impact class with light muscle conditioning.

Community Relaxing Yoga

Restore, relax, and stretch your body as you improve your flexibility and overall health and well-being. Finish with a savasana stretch.

Core and More

Incorporate agility, balance, and muscular conditioning while focusing on improving

core strength, flexibility, and posture.

Core and Stretch

Improve posture, flexibility, and balance through muscular conditioning, balance, and stretching exercises.

Dynamic Stretch

Flex, extend, and rotate your muscles and joints from head to toe. Stretches will be dynamic (gently moving).

Dynamic Stretch and Strength

Improve your posture, loosen your joints, and walk out of this low-impact class feeling good! Engage in half dynamic stretching and half core-centered strength training.

Fit Foundations

Treat your body to a gentle, low-impact class designed for those easing back into injury or wanting to move with care. Expect low-impact cardio, light weights, and targeted stretching.

Flow Yoga

Combine classical yoga poses into a fluid sequence as you engage in postures that encourage alignment, flexibility, strength, and endurance.

Full Body Fusion

Engage in technique-focused strength exercises to move in a joint-friendly way. Benefit from a targeted stretch at the end of class.

Groove and Pound

Get your groove on with choreography to popular songs, then engage in a rhythmic interval workout using green drumsticks. Develop strength, flexibility, and cardio.

Hatha Yoga

Improve posture, balance, and strength in a moderate, full-body routine. Shed tension and cultivate calm with breath control exercises. Finish with a savasana stretch.

Interval Sculpt

Engage in strength and endurance training mixed with cardio intervals in this

moderate-intensity class.

Interval Step

This muscle conditioning class involves short, athletic cardio intervals using weight and other resistance materials.

MET

This Muscular Endurance Training (MET) class focuses on high repetitions of resistance exercises using weights, bands, and more.

Stability Ball Fitness

Challenge your body in a fun, dynamic workout that blends strength, cardio, core, and stretching using a fitness ball. Improve your balance, core stability, and muscle tone through targeted exercises using weights, bands, and body weight.

Step and Sculpt

Build strength, improve flexibility, and boost your cardiovascular fitness through step aerobics, resistance training, and stretching.

Strength and Conditioning

Combine a variety of equipment during an interval-based strength and cardio workout.

Strength Circuit

Engage in strength training, cardio, and stretching exercises in an equipment circuit format.

Super Sweaty Sunday!

Combine cardio step, body sculpting, and a nice, long stretch for 90 minutes of workout bliss.

Yoga 45

Join us for a condensed version of our Flow Yoga class! Postures encourage alignment, flexibility, strength, and endurance in this faster-paced flow class. Modifications are provided.