

General Rules during COVID-19

- Classes are instructed in group fitness studio or cycle room.
- Instructors and Members enter building at main entrance and check in.
- NCDHHS recommends people to social distance and wear a face covering if they are not fully vaccinated.
- We recommend members bring their own mats/towels whenever possible.
- All classes are 'subject to change' if attendance is very low but, members will be notified.
- Please do not come to a class if you feel unwell or are running a high temperature.
- Kidzone is open morning's, evening's and Saturday morning; please check with website or front desk for times.

MONDAY 5/31	TUESDAY 6/1	WEDNESDAY 6/2	THURSDAY 6/3	FRIDAY 6/4	SATURDAY 6/5	
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	
MEMORIAL DAY 8:00am Bootcamp Phillip 9:15a Muscle Strength Geraldine 10:30 Dynamic Defensive Arts with Jennifer NO EVENING CLASSES	7:05 Muscle 8:00a Zumba 9:00a Barre 5:00p Butts & guts 6:00p Full Body Blast	Heather Carolina Heather Heather Marisa	5:45a Bootcamp Phillip 9:00a Muscle Strength Geraldine 10:30a Gentle Yoga Laura 5pm Dynamic Defensive Arts with Jennifer 6:00p Power Strength Hannah	8:15a Muscle& Cardio Michelle 9:30a Back to Basics Sarah 5pm Fit Fun (4-6yr) Betsy 5:30p Fit fun (7-10yr) Betsy 6:00pm Zumba Carolina 7:15p Yoga Tiffany	7:00a Muscle strength Phillip 8:30a The Mix Heather 10:30a Yoga Paige 9:00a Aqua Zumba Rachael	8:15a Kickbox Betsy CYCLE Studio 8:15a Cycle Chris POOL 9:00 Aq aerobics/ATC Heather SUNDAY 6/6
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio	
8:15a Cycle Heather	5:45a Cycle Betsy 6:00p Cycle Geraldine	10:15a Cycle & strength Geraldine	5:35a Cycle & strength Janice 6:00p Cycle Tricia	9:30a Cycle Geraldine		
POOL	POOL	POOL	POOL	POOL		
9:00a Aqua Zumba Hannah	9:00a ATC Susie 7:00p Aqua Tabata Kristi	9:00a Water Explosion Heather	9:00a ATC Rachael 7:00p Aqua circuits Shearon	9:00a Aqua Aerobics Rachael		

MONDAY 6/7	TUESDAY 6/8	WEDNESDAY 6/9	THURSDAY 6/10	FRIDAY 6/11	SATURDAY 6/12
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
5:45a Monday Mix Betsy 8:00a Muscle strength Phillip 9:30 Your Inner Athlete Marisa 10:30 Dynamic Defensive Arts with Jennifer 5:00p Teen Athletics Geraldine 6:00p Bootcamp Geraldine 7:15p Yoga Tammy	7:05 Muscle Heather 8:00a Zumba Carolina 9:00a Barre Heather 5:00p Butts & guts Heather 6:00p Full Body Blast Marisa	5:45a Bootcamp Phillip 9:00a Muscle Strength Denae 10:30a Gentle Yoga Laura 5pm Dynamic Defensive Arts with Jennifer 6:00p Power Strength Hannah	8:15a Muscle& Cardio Michelle 9:30a Back to Basics Sarah 5pm Fit Fun (4-6yr) Betsy 5:30p Fit fun (7-10yr) Betsy 6:00p Zumba Carolina 7:15p Yoga Tiffany	7:00a Muscle strength Phillip 8:30a The Mix Denae 10:30a Yoga Paige 9:00a Aqua Zumba Hannah	8:15a Muscle & cardio Geraldine CYCLE Studio 8:15a Cycle Heather POOL 9:00 Aqua Zumba Hannah SUNDAY 6/13
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio
8:15a Cycle Heather 6:00p Cycle Betsy	5:45a Cycle Betsy 6:00p Cycle Geraldine	10:15a Cycle & strength Geraldine	5:35a Cycle & strength Janice 6:00p Cycle Tricia	9:30a Cycle Geraldine	
POOL	POOL	POOL	POOL	POOL	
9:00a Aqua Zumba Hannah	9:00a ATC Susie 7:00p Aqua Tabata Shearon	9:00a Water Explosion Heather	9:00a ATC Rachael 7:00p Aqua circuits Shearon	9:00a Aqua Aerobics Rachael	

Unrestricted

MONDAY 6/14	TUESDAY 6/15	WEDNESDAY 6/16	THURSDAY 6/17	FRIDAY 6/18	SATURDAY 6/19			
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio			
5:45a Monday Mix 8:00a Muscle strength 9:30 Your Inner Athlete 10:30 Dynamic Defensive Arts with Jennifer	Betsy Phillip Heather	5:45a Bootcamp 9:00a Muscle Strength 10:30a Gentle Yoga	Phillip Denae Laura	8:15a Muscle& Cardio 9:30a Back to Basics	Michelle Sarah	7:00a Muscle strength 8:30a The Mix 10:30a Yoga	Phillip Denae Paige	8:15a Muscle & cardio Janie
5:00p Teen Athletics 6:00p Bootcamp 7:15p Yoga	Geraldine Geraldine Tammy	5:00p Butts & guts 6:00p Full Body Blast	Heather Betsy	5pm Dynamic Defensive Arts with Jennifer 6:00p Power Strength	Hannah	5pm Fit Fun (4-6yr) 5:30p Fit fun (7-10yr) 6:00p Zumba 7:15p Yoga	Betsy Betsy Carolina Tiffany	
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio			
8:15a Cycle 6:00p Cycle	Heather Betsy	5:45a Cycle 6:00p Cycle	Betsy Geraldine	10:15a Cycle & strength 6:00p Cycle	Geraldine	5:35a Cycle & strength 6:00p Cycle	Janice Tricia	9:30a Cycle Geraldine
POOL	POOL	POOL	POOL	POOL	POOL			
9:00a Aqua Zumba Hannah	9:00a ATC 7:00p Aqua Tabata	Shearon Kristi	9:00a Water Explosion Heather	9:00a ATC 7:00p Aqua circuits	Rachael Shearon	9:00a Aqua Aerobics Rachael		
								SUNDAY 6/20
								GX Studio

MONDAY 6/21	TUESDAY 6/22	WEDNESDAY 6/23	THURSDAY 6/24	FRIDAY 6/25	SATURDAY 6/26			
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio			
5:45a Monday Mix 8:00a Muscle strength 9:30 Your Inner Athlete 10:30 Dynamic Defensive Arts with Jennifer	Betsy Phillip Marisa	5:45a Bootcamp 9:00a Muscle Strength 10:30a Gentle Yoga	Phillip Geraldine Laura	8:15a Muscle& Cardio 9:30a Back to Basics	Michelle Sarah	7:00a Muscle strength 8:30a The Mix 10:30a Yoga	Phillip Heather Paige	8:15a Kickbox Betsy
5:00p Teen Athletics 6:00p Bootcamp 7:15p Yoga	Geraldine Geraldine Tammy	5:00p Butts & guts 6:00p Full Body Blast	Heather Marisa	5pm Dynamic Defensive Arts with Jennifer 6:00p Power Strength	Tricia	5pm Fit Fun (4-6yr) 5:30p Fit fun (7-10yr) 6:00p Zumba 7:15p Yoga	Betsy Betsy Carolina Tiffany	
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio			
8:15a Cycle 6:00p Cycle	Heather Betsy	5:45a Cycle 6:00p Cycle	Betsy Geraldine	10:15a Cycle & strength 6:00p Cycle	Geraldine	5:35a Cycle & strength 6:00p Cycle	Janice Tricia	9:30a Cycle Geraldine
POOL	POOL	POOL	POOL	POOL	POOL			
9:00a Aqua Zumba Hannah	9:00a ATC 7:00p Aqua Tabata	Susie Kristi	9:00a Water Explosion Heather	9:00a ATC 7:00p Aqua circuits	Rachael Shearon	9:00a Aqua Aerobics Rachael		
								SUNDAY 6/27
								GX Studio

MONDAY 6/28	TUESDAY 6/29	WEDNESDAY 6/30	THURSDAY 7/1	FRIDAY 7/2	SATURDAY 7/3						
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio						
5:45a Monday Mix 8:00a Muscle strength 9:30 Your Inner Athlete 10:30 Dynamic Defensive Arts with Jennifer	Betsy Phillip Marisa	7:05a Muscle 8:00a Zumba 9:00a Barre	Heather Carolina Heather	5:45a Bootcamp 9:00a Muscle Strength 10:30a Gentle Yoga	Phillip Geraldine Tammy	8:15a Muscle & cardio 9:30a Back to Basics	Michelle Sarah	7:00a Muscle strength 8:30a The Mix 10:30a Yoga	Phillip Denae Paige	8:15a Muscle & cardio 9:00a Aqua aerobics/ATC	Jamie Chris
5:00p Teen Athletics 6:00p Bootcamp 7:15p Yoga	Geraldine Geraldine Tammy	5:00p Butts & guts 6:00p Full Body Blast	Heather Marisa	5pm Dynamic Defensive Arts with Jennifer 6:00p Power Strength	Hannah	5pm Fit Fun (4-6yr) 5:30p Fit fun (7-10yr) 6:00p Zumba 7:15p Yoga	Betsy Betsy Carolina Tiffany			CYCLE Studio 8:15a Cycle POOL 9:00 Aq aerobics/ATC	
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio						
8:15a Cycle 6:00p Cycle	Heather Betsy	5:45a Cycle 6:00p Cycle	Betsy Geraldine	10:15a Cycle & strength	Geraldine	5:35a Cycle & strength 6:00p Cycle	Janice Tricia	9:30a Cycle	Geraldine		
POOL	POOL	POOL	POOL	POOL	POOL						
9:00a Aqua Zumba	Hannah	9:00a ATC 7:00p Aqua Tabata	Susie Kristi	9:00a Water Explosion	Heather	9:00a ATC 7:00p Aqua circuits	Rachael Shearon	9:00a Aqua Aerobics	Rachael		
										SUNDAY 7/4	
										GX Studio	