

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 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 8:00am Bootcamp 9:30 Your Inner Athlete 10:30 Dynamic Defensive Arts with Jennifer	Betsy Phillip Marisa 7:05 Muscle 8:00a Zumba 9:00a Barre	Heather Carolina Heather 5:45a Bootcamp 9:00a Muscle Strength 10:30a Gentle Yoga	Phillip Denae Cancelled 8:15a Muscle& Cardio 9:30a Back to Basics	Heather Sarah 7:00a Muscle strength 8:30a The Mix 10:30a Yoga	Phillip Denae Paige 8:15a Muscle & cardio Jamie
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) 6:00pm Zumba 7:15p Yoga	Betsy Betsy Carolina Tiffany 7:00a Muscle strength 8:30a The Mix 10:30a Yoga	CYCLE Studio 8:15a Cycle Chris
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio
8:15a Cycle 6:00p Cycle	Heather Betsy Geraldine 5:45a Cycle 6:00p Cycle	10:15a Cycle & strength Geraldine	5:35a Cycle & strength 6:00p Cycle	Janice Tricia 9:30a Cycle Geraldine	POOL 9:00 Aq aerobics/ATC Kristi
POOL	POOL	POOL	POOL	POOL	SUNDAY 7/4
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	GX Studio

MONDAY 7/5	TUESDAY 7/6	WEDNESDAY 7/7	THURSDAY 7/8	FRIDAY 7/9	SATURDAY 7/10
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 7:00a Muscle 8:00a Kickbox 9:00a Barre	Heather Natalie Heather 5:45a Bootcamp 9:00a Muscle Strength 10:30a Gentle Yoga	Phillip Denae Tiffany 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 Muscle & cardio Geraldine
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 Cardio Fusion 7:15p Yoga	Betsy Betsy Natalie Tiffany 7:00a Muscle strength 8:30a The Mix 10:30a Yoga	CYCLE Studio 8:15a Cycle Heather
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio
8:15a Cycle 6:00p Cycle	Heather Betsy Geraldine 5:45a Cycle 6:00p Cycle	10:30a Cycle & strength Geraldine	5:35a Cycle & strength 6:00p Cycle	Janice Tricia 9:30a Cycle Geraldine	POOL 9:00 Aq aerobics/ATC Susie
POOL	POOL	POOL	POOL	POOL	SUNDAY 7/11
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 Susie 9:00a Aqua Aerobics Rachael	GX Studio

Unrestricted

MONDAY 7/12	TUESDAY 7/13	WEDNESDAY 7/14	THURSDAY 7/15	FRIDAY 7/16	SATURDAY 7/17
GX Studio	GX Studio	GX Studio	GX Studio	GX Studio	GX Studio
5:45a Monday Mix Natalie 8:00a Muscle strength Phillip 9:30 Your Inner Athlete Marisa 10:30 Dynamic Defensive Arts with Jennifer	7:00a Muscle Heather 8:00a Kickbox Natalie 9:00a Barre Heather	5:45a Bootcamp Phillip 9:00a Muscle Strength Denae 10:30a Gentle Yoga Laura	8:15a Muscle& Cardio Michelle 9:30a Back to Basics Sarah	7:00a Muscle strength Phillip 8:30a The Mix Denae 10:30a Yoga Paige	8:15a Kickbox Natalie
					CYCLE Studio
					8:15a Cycle Janice
					POOL
					9:00 Aq aerobics/ATC Jennifer
					SUNDAY 7/18
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio
8:15a Cycle Heather 6:00p Cycle Heather	5:45a Cycle Tricia 6:00p Cycle Geraldine	10:30a 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 Shearon	9:00a ATC Rachael 7:00p Aqua circuits Shearon	9:00a Aqua Aerobics Rachael	

MONDAY 7/19	TUESDAY 7/20	WEDNESDAY 7/21	THURSDAY 7/22	FRIDAY 7/23	SATURDAY 7/24
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 with Jennifer	7:00a Muscle Natalie 8:00a Zumba Carolina 9:00a Barre Natalie	5:45a Bootcamp Phillip 9:00a Muscle Strength Geraldine 10:30a Gentle Yoga Laura	8:15a Muscle& Cardio Michelle 9:30a Back to Basics Sarah	7:00a Muscle strength Phillip 8:30a The Mix Natalie 10:30a Yoga Paige	8:15a Muscle & cardio Jamie
					CYCLE Studio
					8:15a Cycle Mia
					POOL
					9:00 Aq aerobics/ATC Shearon
					SUNDAY 7/25
CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	CYCLE Studio	GX Studio
8:15a Cycle Betsy 6:00p Cycle Betsy	5:45a Cycle Betsy 6:00p Cycle Geraldine	10:30a 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 7/26	TUESDAY 7/27	WEDNESDAY 7/28	THURSDAY 7/29	FRIDAY 7/30	SATURDAY 7/31						
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 5:00p Teen Athletics 6:00p Bootcamp 7:15p Yoga	Betsy Phillip Marisa Geraldine Geraldine Tammy	7:00a Muscle 8:00a Kickbox 9:00a Barre 5:00p Butts & guts 6:00p Full Body Blast	Heather Natalie Heather Heather Marisa	5:45a Bootcamp 9:00a Muscle Strength 10:30a Gentle Yoga 5pm Dynamic Defensive Arts with Jennifer 6:00p Power Strength	Phillip Geraldine Laura Hannah	8:15a Muscle & Cardio 9:30a Back to Basics 5pm Fit Fun (4-6yr) 5:30p Fit fun (7-10yr) 6:00p Cardio Fusion 7:15p Yoga	Michelle Sarah Betsy Betsy Natalie Tiffany	7:00a Muscle strength 8:30a The Mix 10:30a Yoga	Phillip Denae Paige	8:15a Muscle & cardio 9:00 Aq aerobics/ATC	Geraldine Heather
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	10:30a 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 8/1											
GX Studio											