

BODYPLEX

FITNESS. TRAINING. HEALTH.

GROUP FITNESS SCHEDULE

FEBRUARY 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY
7:30 AM						9:00 AM	SPIN
8:00 AM	RPM		RPM		SPIN	10:00 AM	BODYPUMP
9:00 AM	BODYPUMP	ZUMBA®	BODYJAM	BODYCOMBAT	BODYPUMP	<p><u>STAFFED CLUB HOURS;</u> MON-THUR: 6AM-9PM FRI: 6AM-8PM SAT: 8AM-4PM SUN: 10AM-4PM</p> <p>CLUB ACCESS AVAILABLE 24/7 WITH BARCODE!</p> <p><u>KIDSPLEX HOURS:</u> MON-FRI: 9AM-12PM & 2PM-7:30PM SAT: 9AM-12PM</p> <p><u>FREE FRIEND FRIDAY!</u> BRING ANY FRIEND ON FRIDAY'S FOR FREE! *MUST ACCOMPANY ACTIVE MEMBER</p>	
10:00 AM	BODYCOMBAT	STEP	BODYPUMP				
11:00 AM	SENIOR CIRCUIT	SENIOR CARDIO	SENIOR CIRCUIT	SENIOR CARDIO	SENIOR CIRCUIT		
11:45 AM		LINE DANCING		LINE DANCING			
12:00 PM	SENIOR CIRCUIT	CHAIR YOGA	SENIOR STRENGTH & BALANCE	CHAIR YOGA			
5:30 PM	BODYPUMP	ZUMBA®	BODYPUMP	ZUMBA®			
6:00 PM	RPM						