

Monday:

12pm - 1pm **Circuit Training**
Functional Training Room

12pm - 1pm **Aqua Jogging**
Olympic Pool

Tuesday:

12pm - 1pm **Circuit Training**
Functional Training Room

12pm - 1pm **Coredio**
Fitness Room

12pm - 1pm **Pilates**
Dance Room

3:30pm - 4:30 pm **Self Defense**
Dance Room

Wednesday:

12pm - 1pm **Circuit Training**
Functional Training Room

12pm - 1pm **Aqua Jogging**
Olympic Pool

Thursday:

12pm - 1pm **Circuit Training**
Functional Training Room

12pm - 1pm **Coredio**
Fitness Room

12pm - 1pm **Pilates**
Dance Room

3:30pm - 4:30 pm **Self Defense**
Dance Room

6:30pm - 7:30 pm **Deep Water Aerobics**
Olympic Pool

Friday:

12pm - 1pm **Circuit Training**
Functional Training Room

Spring 2026

Pack

Fit

Free

Fitness

Classes

For

Students!