

EUREKA GROUP CLASSES

March 2023

Club Hours

Mon-Fri: 5:00am-10:00pm
Sat & Sun: 8:00am-5:00pm

MONDAY

GroupX Studio

| | | |
|-------------------|-----------------|---------|
| Cycle Strength | 6:00am-6:45am | Julie |
| Everyday Strength | 11:00am-11:45am | Laura |
| Power Pump | 5:30pm-6:15pm | Barbara |

Mind/Body Studio

| | | |
|--------------|---------------|-----------|
| Pilates Mat | 9:00am-9:45am | Ginger |
| Vinyasa Yoga | 5:30pm-6:45pm | Christine |

TUESDAY

GroupX Studio

| | | |
|-------------------|-----------------|-------|
| Everyday Strength | 11:00am-11:45am | Casse |
|-------------------|-----------------|-------|

Mind/Body Studio

| | | |
|--------------|-----------------|------------------|
| Pilates Mat | 8:30am-9:15am | Ginger |
| Vinyasa Yoga | 10:30am-11:45am | Christine |
| Dance Fusion | 5:30pm-6:15pm | Stefani & Phuong |
| Pilates Mat | 6:30pm-7:15pm | Amber |

Pool

| | | |
|--|-----------------|-------|
| Aqua Zumba | 9:30am-10:15am | Marla |
| Aqua Conditioning | 12:00pm-12:45pm | Casse |
| Small Group Training (SGT) (\$) Cardio Splash | 5:30pm-6:20pm | Casse |

WEDNESDAY

GroupX Studio

| | | |
|-------------------|-----------------|----------|
| Cycle Strength | 6:00am-6:45am | Julie |
| Everyday Strength | 11:00am-11:45am | Laura |
| Cycling | 5:30pm-6:15pm | Courtney |

WEDNESDAY CONTINUED

Mind/Body Studio

| | | |
|--------------|----------------|-----------|
| Hatha Yoga | 9:30am-10:30am | Francis |
| Zumba Gold | 1:30pm-2:15pm | Casse |
| Vinyasa Yoga | 5:30pm-6:45pm | Christine |

THURSDAY

GroupX Studio

| | | |
|-------------------|-----------------|-------|
| Everyday Strength | 11:00am-11:45am | Casse |
|-------------------|-----------------|-------|

Mind/Body Studio

| | | |
|--------------|-----------------|------------------|
| Pilates Mat | 8:30am-9:15am | Ginger |
| Vinyasa Yoga | 10:30am-11:45am | Christine |
| Dance Fusion | 5:30pm-6:15pm | Stefani & Phuong |

Pool

| | | |
|--|-----------------|-------|
| Aqua Zumba | 9:30am-10:15am | Marla |
| Aqua Conditioning | 12:00pm-12:45pm | Casse |
| Small Group Training (SGT) (\$) Cardio Splash | 5:30pm-6:20pm | Casse |

FRIDAY

Mind/Body Studio

| | | |
|-------------|---------------|--------|
| Pilates Mat | 9:00am-9:45am | Ginger |
|-------------|---------------|--------|

SATURDAY

Mind/Body Studio

| | | |
|--------------|---------------|-------|
| Vinyasa Yoga | 8:30am-9:30am | Megan |
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SUNDAY

Mind/Body Studio

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|-----------|-----------------|--------------|
| Yoga Flow | 11:00am-12:15pm | Stephanie P. |
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