

September Fitness Schedule							
MONDAY	TUESDAY		WEDNESDAY	THURSDAY	FRIDAY	SUNDAY	
Aerial Silks Sequences 8:30 - 9:30 AM Bill Gugerty <i>Gymnastics Studio</i> No Class 9/7	Fall Boot Camp 6:30 - 7:30 AM Thor Knutson <i>HIIT Studio</i>			Fall Boot Camp 6:30 - 7:30 AM Thor Knutson <i>HIIT Studio</i>			
Power Sculpt 7:45 - 8:45 AM Deanne Bugos <i>Group Exercise 1</i>	Butts & Guts 7:45AM - 8:45AM Stacy Cravens <i>Group Exercise 2</i>		Power Hour 7:45 - 8:45 AM Katie Hardie <i>Group Exercise 1</i>	Power Sculpt 7:45 - 8:45 AM Deanne Bugos <i>Group Exercise 1</i>	Yoga Fusion 8:00 AM - 9:00 AM Christina Russell <i>Group Exercise 1</i> No Class 9/11		
Silver Sneakers Splash 9:00 - 10:00 AM Susan Meddick <i>Pool</i>	Mat Pilates 9:00AM - 10:00AM Paige Walker <i>Group Exercise 2</i>		Silver Sneakers Splash 9:00 - 10:00 AM Susan Meddick <i>Pool</i>		Vinyasa Yoga 9:00AM - 10:00AM Derik McCuiston <i>Group Exercise 2</i>	Silver Sneakers Splash 9:00 - 10:00 AM Ana Morales <i>Pool</i>	
SS Yoga 10:15 - 11:15 AM Dallas Franklin <i>Group Exercise 1</i>	Silver Sneakers Classic 10:15 - 11:15 AM Mary Wagner <i>Group Exercise 1</i>		Silver Sneakers Circuit 10:15 - 11:15 AM Kristen Pinnick <i>Group Exercise 1</i>	Aerial Yoga 10:00AM - 11:00AM Giuliana Sheldon <i>Group Exercise 2</i> No Class 9/2		Silver Sneakers Classic 10:15 - 11:15 AM Mary Wagner <i>Group Exercise 1</i>	Power Vinyasa 10:30AM - 11:30AM Stacy Cravens <i>Group Exercise 2</i>
	Ski Conditioning Series' 2026 Monday/Wednesday: 9:00 AM - 10:00 AM Monday/Wednesday: 5:30 PM - 6:30 PM Tuesday/Thursday: 9:00 AM - 10:00 AM Tuesday/Thursday: 5:30 PM - 6:30 PM John Florkiewicz <i>Gymnasium</i>			Aerial Conditioning & Flow 11:00AM - 12:00PM Giuliana Sheldon <i>Group Exercise 2</i>		Classes at a Glance 	
Olympic Weightlifting 5:30 - 6:30 PM Nico Rithner <i>HIIT Studio</i> New Series Starts 9/7	Winter Park Comp 5:00pm-6:00pm		Olympic Weightlifting 5:30 - 6:30 PM Nico Rithner <i>HIIT Studio</i> New Series Starts 9/9				
FALL Jiu-Jitsu: Begins 8/17 Age 6 - 9: 4:30 - 5:20PM Age 10 - 13: 5:30 - 6:20PM Adult 14+ 6:30 - 7:30 PM Raoni Orlandi <i>Group Exercise 1</i>			FALL Jiu-Jitsu: Begins 8/17 Age 6 - 9: 4:30 - 5:20PM Age 10 - 13: 5:30 - 6:20PM Adult 14+ 6:30 - 7:30 PM Raoni Orlandi <i>Group Exercise 1</i>		Aerial Fabrics 6:30 - 7:30 PM Giuliana Sheldon <i>Gymnastics Studio</i>		

FACILITY CLOSURE WEEK IS 9/20 - 9/26 THERE WILL BE NO FITNESS CLASSES

REGISTRATION

Registration begins 1 week prior to the next month of classes. You must register online, by app or with the help of Guest Services before attending class. Cancellations within 24 hours of the start of class result in a \$5 fee. No refunds after the start of class will be issued.

FITNESS CLASS SIGN IN