Facility Closure Week - Aug. 11-15, 2025
ADJUSTED GROUP FITNESS SCHEDULE

MONDAY (Aug. 11)	TUESDAY (Aug. 12)	WEDNESDAY (Aug. 13)	THURSDAY (Aug. 14)	FRIDAY (Aug. 15)
5:40-6:10 a.m. / Studio B **Les Mills SPRINT™** Mitch	8:30 a.m. / Studio B **Cyclone Cycle** Annette	8:30 a.m. / Synrgy 360 **Synrgy 360** Sara	**NO CLASSES FITREC CLOSED FOR MAINTENANCE**	**NO CLASSES FITREC CLOSED FOR MAINTENANCE**
9:30-10:30 a.m. /Fitness Floor **Power Hour** Viviana	9 a.m. / Classroom A **Hatha Yoga** Beth	9 a.m. / Classroom A **Well Balanced** Ann		
9:30 a.m. / Court 1 **Cardio Fusion** Beth	9:30 a.m. / Classroom B **Pilates Fusion** Annette	9:30 a.m. / Treadmills **Tread & Shred** Sara		
11 a.m. / Classroom A **Chair Yoga** Beth	5:10 p.m. / Studio B **Les Mills RPM™** **Virtual**	10:30 a.m. / Studio B **Les Mills RPM™** **Virtual**		
12 p.m. / Studio B **Les Mills SPRINT™** Lily	6:10 p.m. / Classroom A **Vinyasa Yoga** Preksha	6 p.m. / Studio B **Les Mills THE TRIP™** Elizabeth		
6:30 p.m. / Court 1 **WERQ** Shania				
7 p.m. / West Lawn **Hatha Yoga** Vanessa				

Download the FitRec app for up-to-date schedules!

All Classes are 50 minutes in length unless noted. Advance registration for classes is required.

HOW TO REGISTER

Pool Schedule

The FitRec Aquatics Center (pool & whirlpool) will be closed during this week and through Aug. 22 for scheduled maintenance and repairs.

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