









GROUP FITNESS SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | Class Capacity |
|--|--|---|---|---------------------------------|---|---|
| | PEARCE CYCLING 5:30-6:15 AM | | PEARCE CYCLING 5:30-6:15 AM | | | 13 Spaces Available for Cycling Studio . |
| | | | | |  8:15-8:45 AM | 20 Spaces Available for Group X Studio . |
| AQUA FIT 8:30-9:30 AM | CARDIO+TONING 8:30-9:00 AM | AQUA FIT 8:30-9:30 AM | CARDIO+TONING 8:30-9:00 AM | AQUA FIT 8:30-9:30 AM | **AQUA FIT/ AEROBICS 8:30-9:30 AM | 24 Spaces Available for the North Gym . |
| ZUMBA 9:00-9:45 AM | *TRX 9:00-10:00 AM | CARDIO MIX 9:00-9:45 AM | *TRX 9:00-10:00 AM | CARDIO MIX 9:00-9:45 AM |  9:00-9:45AM | 30 Spaces Available for the Pool . |
|  9:00-9:30 AM | SLVRSNKR SEATED YOGA/TAI CHI® 9:15-9:45 AM | *TRX BOOTCAMP 9:00-10:00 AM | SLVRSNKR SEATED YOGA® 9:15-9:45 AM | PEARCE CYCLING 9:00-9:45 AM | | |
| AQUA AEROBICS 10:00-10:45 AM | | AQUA AEROBICS 10:00-10:45 AM | | AQUA AEROBICS 10:00-10:45 AM | | |
| YOGA 10:00-11:00 AM | SILVER SNEAKERS® 10:00-10:45 AM | YOGA 10:00-11:00 AM | SILVER SNEAKERS® 10:00-10:45 AM | YOGA 10:00-11:00 AM | |  |
| | | | | | | |
| | | |  4:45-5:30 PM | | | |
| AQUA AEROBICS 5:30-6:15 PM | | AQUA AEROBICS 5:30-6:15 PM | | | | |
|  5:30-6:15 PM | BOOTCAMP 5:15-6:00 PM |  5:15-6:00 PM | | | | |
| PEARCE CYCLING 6:15-7:00 PM | YOGA 6:15-7:15 PM |  6:15-6:45 PM | | | | |
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All group exercise classes are free to members! To participate in group fitness classes, you must be a minimum of 15 years old. You must register for classes. Members will be required to bring their own yoga mats. Pearce reserves the right to cancel class due to low attendance and other factors.

The link below shows how to register for classes:
<https://web2.myvscloud.com/wbwsc/ilpearcewt.wsc/splash.html>

Effective 01-03-2022

*TRX and TRX Bootcamp will be held in the North Gym.