



Group Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		Total Body Bob		Total Body Bob			
7:00 AM						Cardio Physique Sue	
8:00 AM					Zumba/Pound® 8:30AM Cheryl/Lisa	B-STEP Bob	
8:30 AM	Zumba Lindsay		POUND® Lisa		Bootcamp Barb	Power Splash Becky	
9:30 AM	Cardio Circuit Barb		Total Body Sue		Total Body Nikki	Zumba 9:00 AM Robert	
9:30 AM POOL	Combo H2O Christina	Cardio H2O Carolyn	Combo H2O Christina	Cardio H2O Carolyn	Combo H2O Christina	Deep H2O Becky	
12:30 PM							
1:30 PM							
2:30 PM							
4:30 PM POOL		PowerSplash Becky		PowerSplash Becky			
4:30 PM	Yoga Cathy	Total Body Barb	Yoga Becky	Total Body Barb			
5:30 PM	Total Body Bob	Zumba Robert	Cycle Plus Becky	High Fitness Jillian			
6:30 PM POOL	Cardio Splash Bailey	PowerSplash Becky	Cardio Splash Bailey	PowerSplash Becky			
6:30 PM	Core Flex Bob	HighLow Jillian	Zumba Circuit Shelia				

All land classes are currently being held in the gymnasium.

This schedule is temporary and subject to change at any time.

Land classes are 45 minutes long to allow time for participants to clean their equipment in between classes.

Please maintain social distancing of 6ft feet while participating in any class.

Daily Drop-In Rate

\$5 per class

VRC Members

Unlimited pass \$150

20 Class Pass

Member \$40 / Resident \$50 / Non-Resident \$70

50 Class Pass

Member \$75 / Resident \$100 / Non-Resident \$150

Updated December 2020

SCHEDULE MAY CHANGE DUE TO CLASS PARTICIPATION

