Group Fitness Schedule

Effective March 2nd -May 22nd, 2026

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	Rock Solid Angie	Zumba Angie	50/50 Nicole	High Fit Milyssa	INtensity Nicole	***7:30am** Yoga flow Wendy
8:30am					Barre Fusion Angie	
9:00am	Rock Solid Dione	Pound Alacia **10:00am** Fit and Flex Alacia	Yoga Core Delynn	Functional Training/Mobility Clarissa	**9:15am** Gentle Yoga Angie	**9:00am** Zumba Rotation
10:15am	SilverSneakers Classic Carley	**10:30am** Zumba Gold Jaime	Senior Yoga Mandy	**10:30am** Zumba Gold Carley	**10:30am** SilverSneakers Classic Melissa	
6:00pm	**Kids Functional Training Carley		High Fit Samantha			
7:00pm	Zumba Sentao Carley		Barre Fusion Angie	Zumba Carley		
8:00pm	Yoga Flow Carolina	Yoga Flow Abigial	Yoga Flow Carolina	Pilates Aimee		

*This class is 90 minutes ****This class is held on the second and fourth Monday**

SPINNING® Schedule

Effective January 1st – Feb. 28th, 2026

All *SPINNING* classes will be held in Multi-purpose Room B.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am			*SPINNING* Melissa			
6:30pm		*SPINNING* Beginner's Ride Dennis		*SPINNING* Dennis		

Limited space available in the Spinning classes, please sign up to reserve your spot in class.

Schedule subject to change

50/50: This class will always keep you guessing! You will spend 30 minutes doing instructor's choice of cardio and 30 minutes sculpting your muscles with weights. A great introductory class for everyone, what do you have to lose, it's a 50/50 shot!
Barre Fusion: In just 45 minutes strengthen and tone your entire body using different types of equipment. Barre Fusion is a fun, upbeat class that incorporates the best of Ballet, Pilates, and Yoga. No dance experience required.
Beginner's Ride: Learn the basics of the *SPINNING*® class while enjoying a nice relaxing ride down easy street. This 40-minute class will teach you all the things you need to know to get you started down the right path!
Fit and Flex: This dynamic class is designed to increase cardiovascular fitness and physical strength through weight-bearing exercises. All major muscle groups will be worked, and class will be finished with stretching and foam rolling.
Kids Functional Training: This class is designed for kids 8 years and older, a parent or adult must accompany them during class. The class is held on the 2nd and 4th Monday and will focus on cardio, balance and coordination, as well as body resistance with a beginner friendly Zumba Kids!
Gentle Yoga: Restore your mind and body using yoga basics to increase your strength, balance, and flexibility with gentle stretching and mediation. This is a great class for beginners and practiced yogis alike.
High Fitness: HIGH Fitness transforms old school aerobics into a highly addictive new fitness experience that combines simple, modern fitness techniques (i.e. HIIT, plyometrics, etc.) with music you know and love. This class alternates between cardio peaks and toning tracks that will take your heart rate to the sky and strength to the next level.
INtensity: The first 30 minutes of this class are in HIIT format while the last 30 minutes is weightlifting with a focus on two or three muscle groups.
Pilates: This class focuses on core strength, flexibility, and body awareness through controlled movements and breathwork. This mat-based class is on the floor using a mat and small props for an intense core workout.
Pound: A cardio Jam session: instead of listening to music, you become the music in this full-body workout that combines cardio, conditioning and strength with yoga and Pilates-inspired movement.
Rock Solid: A full body sculpting class working all your major muscle groups guaranteed to make your body rock solid.
Senior Yoga: This yoga class is designed with seniors in mind. Enjoy a class that incorporates stretching and balance postures that do not involve laying on the floor. A chair is provided and can be used when needed during class.
SilverSneakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.
SPINNING®: Come ride your bicycle with us! A 55-minute workout on a stationary bike. Our instructors will take you through various rugged terrains to make you sweat! This class allows you to choose your speed and resistance. Heart Rate Monitors are encouraged but not required. **All *SPINNING*® participants must bring a towel and water to class.**
Yoga Core: This class is a typical Yoga Flow class with the added benefit of extra core work throughout.
Yoga Flow: This is a full body work-out that will challenge your strength and endurance, increase core power, flexibility, and help relieve stress with restorative poses and meditation.
Zumba: Join the Party! Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.
Zumba Gold: A fun lower impact of Zumba, this class is great for beginners and active older adults.
Zumba Sentao: A modified version of Zumba fitness that incorporates chair-based movements. It is a fun and accessible way to improve cardiovascular health, tone muscles, and strengthen the core.

Facility (Winter) Hours

	Fitness Center/Weight Room	Basketball Courts/Track
Monday-Thurs.	5:00am-6:00am (Members Only) 6:00am-10:00pm	5:00am-7:30am (9:50am on Wednesdays) 5:00pm-10:00pm
Friday	5:00am-6:00am (Members Only) 6:00am-7:00pm	5:00am-7:30am 5:00pm-7:00pm
Saturday	6:00am-7:00am (Members Only) 7:00am-7:00pm	7:00am-7:00pm
Sunday	12:00pm-5:00pm	12:00pm-5:00pm

Phone Number: 801-525-2641 **Follow us on** @clearfieldaquaandfit