



Tai Chi



## GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spinning w/ Megan Spin Room 8:00am-8:45am		Spinning w/ Megan Spin Room 8:00am-8:45am		Spinning w/ Megan Spin Room 8:00am-8:45am	Water Yoga/Mardi indoor pool 9:00am - 10:00pm
SS Water w/ Tami Pool 9:00am - 9:45am	SS Water w/ Tami Pool 9:00am - 9:45am	SS Water w/ Tami Pool 9:00am - 9:45am	SS Water w/ Tami Pool 9:00am - 9:45am	SS Water w/ Tami Pool 9:00am - 9:45am	Hapkido w/ Alan group exercise room 9:00am-10:00am
Gentle Flow Yoga w/ Mardi Spin Room 9:00am - 10:15am		Gentle Flow Yoga w/ Mardi Spin Room 9:00am - 10:15am		Gentle Flow Yoga w/ Mardi Spin Room 9:00am - 10:15am	Jazzercise Gym Floor 9:00am-10:00am
Jazzercise Gym Floor 9:30am-10:30am	SS Yoga w/ Mardi Group Ex. Room 10:30am-11:30am	Jazzercise Gym Floor 9:30am-10:30am	SS Yoga w/ Mardi Group Ex. Room 10:30am-11:30am	Jazzercise Gym Floor 9:30am-10:30am	Line Dancing Group Ex Room Jamie 10:30am-11:30am
SS Yoga w/ Megan Group Ex. Room 9:30am-10:15am		SS Yoga w/ Megan Group Ex. Room 9:30am-10:15am		SS Yoga w/ Megan Group Ex. Room 9:30am-10:15am	
SS Classic Traci Gym Floor 10:45am-11:30am		SS Classic Traci Gym Floor 10:45am-11:30am		SS Classic Robin Gym Floor 10:45am-11:30am	
Limitless Dance Academy Spin Room 4:45pm-9:00pm	Limitless Dance Academy Senior/Spin Room 4:45pm-9:00pm	Limitless Dance Academy Spin Room 4:45pm-9:00pm	Limitless Dance Academy Senior/Spin Room 4:45pm-9:00pm	Limitless Dance Academy Spin Room 4:45pm-9:00pm	
Jazzercise Group Ex Room 6:00pm-7:00pm	Jazzercise Group Ex Room 6:00pm-7:00pm	Jazzercise Group Ex Room 6:00pm-7:00pm	Spinning w/Megan Spin Room 5:00pm-5:45pm		
	Body Sculpting W/Flexcity Spinning Room 6:00pm-7:00pm		Hapkido w/ Alan Group Ex. Room 6:00pm - 6:45pm		
			Body Sculpting W/Flexcity Spinning Room 6:00pm-7:00pm		



REVISED: 12/17/25

Power Pass Classes	Berea Rec Class
Private Vendor Classes	Silver Sneakers Classes

Classes are Subject to Change

