

STAC GROUP FITNESS SCHEDULE

Classes coming soon!

CORE	
AQUATICS	LES MILLS

PLUS				
AQUATICS	LES MILLS	CYCLING	DYNAMICS	WELLNESS

PRO					
AQUATICS	LES MILLS	CYCLING	DYNAMICS	WELLNESS	PREMIUM

POOL						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 AM	Aqua Health	H2 GO	Aqua Health	H2 GO		
10:30 AM						
11:00 AM						

STUDIO 1						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	Quick Climb		Quick Climb		Quick Climb	
6:30 AM	Climb		Climb		Pacers	
7:00 AM						
7:30 AM		RPM		RPM		
9:00 AM						
9:30 AM						RPM
10:00 AM	Sprint		Sprint			
10:30 AM						
5:00 PM		Crunchtime		Crunchtime		
5:30 PM		Plyomaniac		Plyomaniac		
6:00 PM						
6:30 PM						
7:00 PM	RPM		RPM			
7:30 PM		Sprint		Sprint		
8:00 PM						

STUDIO 2							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7:30 AM	BodyFlow		BodyFlow		BodyFlow		
8:00 AM							
8:30 AM	BodyPump	Grit	BodyPump	Grit	Grit	BodyFlow	
9:00 AM	Functional	Yoga	Functional	Yoga			
9:30 AM							
10:00 AM		Stretch		Stretch		Grit	
10:30 AM						Yoga	
11:00 AM						Stretch	
11:30 AM							
12:00 PM						BodyCombat	
12:30 PM							
4:00 PM	Born to Move	BodyPump	Born to Move	BodyPump		BodyCombat	
4:30 PM							
5:00 PM	Yoga		Yoga				
5:30 PM							
6:00 PM	Zumba	Pilates	Zumba	Pilates			
6:30 PM							
7:00 PM		Spine Align		Spine Align			
7:30 PM							

Classes will be available for registration through your Club Automation member portal and our very own STAC app!
 Cancellations are permitted up to 12 hours before class. Late cancellations and no-shows will be subject to a \$10 fee.
 Exceptions can be made for extenuating circumstances. Please contact the Front Desk for more information.