



Belleville Branch | Group Fitness Classes

Spring Schedule Effective April 1, 2024					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fitness for All 8:30-9:15am Gym	Cyclefit 8:30-9:15am Gym	Fitness for All 8:30-9:15am Gym	Core & Stretch 8:30-9:15am Gym	Fitness for All 8:30-9:15am Gym	Saturday Morning Workout 9:00-10:00am
Cardio-Core-Sculpt 9:30-10:15am Gym	Dancefit 9:30-10:15am Gym	Cardio-Core-Sculpt 9:30-10:15am Gym	Dancefit 9:30-10:15am Gym	Pilates 9:30-10:30am Gym	<p>YOU NO LONGER NEED TO PRE-REGISTER ONLINE*</p> <p>*Cyclefit Classes Still Require Online Registration</p>
Tai Chi 10:30-11:15am Gym	Meditation 10:30-11:30am Studio	Yoga 10:30-11:15am Gym	Chair Yoga 10:30-11:15am Gym		
	Cycle-Strength 12:10-12:55pm Gym	Basketball 3 on 3 12:00-1:00pm Gym	Cardio Strength 12:10-12:55pm Gym		
Pickleball 1:00-2:00pm Gym	Mental Health Group 1:00-2:00pm	Pickleball 1:00-2:00pm Gym			
Cyclefit 5:30-6:15pm Gym	Cardio-Core-Sculpt 5:30-6:15pm Gym	Cycle-Strength-20/20/20 5:30-6:30pm Gym	High Intensity Cardio & Strength 5:30-6:15pm Gym		
		Dancefit 5:30-6:15pm Studio			