

# Swim & Fitness Center

## GENERAL & SPECIALTY FITNESS



### General & Specialty Fitness Classes\*

General and specialty fitness classes at City Park Fitness Center, West View, The MAC and Swim & Fitness Center are included with All-Facility and SilverSneakers® passes. Individual facility passes include all fitness classes at that facility.

#### NON-PASSHOLDER OPTIONS:

- General fitness classes are included with general admission.
- Specialty fitness class FlexFit 10-visit punch card: \$100
- Specialty fitness class drop-in fee: \$12

**General Class** • = All levels •• = Intermediate/Advanced  
**Specialty Class** SilverSneakers® class (also for RenewActive® members)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Total Body Remix • Kirsten 9-10 a.m.	Body Flex • Dawn 9-10 a.m.	Total Body Remix • Amanda 9-10 a.m.	Body Flex • Dawn 9-10 a.m.	
Flex & Flow • Kirsten 10:15-11:15 a.m.	Pilates Mat • Elise 10:15-11:15 a.m.	Balance, Core & More • Amanda 10:15-11:15 a.m.	Flex & Flow • Dawn 10:15-11:15 a.m.	Mindful Flow Yoga • Mandy 10:15-11:15 a.m.
		Pilates Mat • Solo 4:30-5:30 p.m.		
Yin & Restorative Yoga • Audrey 5:45-6:45 p.m.	Zumba • Heather 5:45 p.m.-6:45 p.m.	Yin & Restorative Yoga • Ari 5:45-6:45 p.m.	Zumba • Heather 5:45 p.m.-6:45 p.m.	

\*Updated 2/27/26

\*All classes listed are subject to change or cancellation.

# Swim & Fitness Center

## YOGA / MIND / BODY



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Specialty Class	SilverSneakers® class (also for RenewActive® members)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pilates Mat • Elise 10:15-11:15 a.m.	Balance, Core & More • Amanda 10:15-11:15 a.m.		Mindful Flow Yoga • Mandy 10:15-11:15 a.m.
		Pilates Mat • Solo 4:30-5:30 p.m		
Yin & Restorative Yoga • Audrey 5:45-6:45 p.m.		Yin & Restorative Yoga • Ari 5:45-6:45 p.m.		

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