

Grove Aquatic and Fitness Center Specialty Fitness Schedule July 7– August 31



Back to Balance	S121	T/Th 11-11:50AM	Angie	Studio	8	\$39/59	7/9-8/1
Back to Balance	S122	T/Th 11-11:50AM	Angie	Studio	8	\$39/59	8/6-8/29
Instafit ages (8-14)	S161	T/Th 6:30-7:20PM	Melia	NG Gym	8	\$35/55	7/9-8/1
Instafit ages (8-14)	S162	T/Th 6:30-7:20PM	Melia	NG Gym	8	\$35/55	8/6-8/29
CSI Boot Camp ages (10-14)	S169	M-Th 12:10-12:50PM	Melia	Studio		\$0/69	6/10-8/22
Boot Camp Express	S105	M,W,F 5:15-5:55AM	Joanna	Studio	24	\$59/99	7/8-8/30
Boot Camp Express	S106	M,W,F 6-6:40AM	Joanna	Studio	24	\$59/99	7/8-8/30
Boot Camp	S107	M/W 9-10AM	Claudia	Grove 2/Turf	16	\$59/99	7/8-8/28
Boot Camp	S108	M/W 5:30-6:30PM	Shari	Grove 2	16	\$59/99	7/8-8/28
Boot Camp	S109	M/W 6:30-7:30PM	Andrew/Shari	Grove 2	16	\$59/99	7/8-8/28
Boot Camp (outdoor)	S110	F 9-10AM	Claudia	South Valley	8	\$39/59	7/12-8/30
Boxing Camp	S140	Sun 5-6PM	Jeron	Studio	8	\$49/79	7/14-9/1
Core for Performance	S232	M/W 12-12:50PM	Joanna	Grove 2	16	\$59/99	7/8-8/28
Paddleboard Basics	S300	Sun 8:30-9:30AM	Kim	Lap Pool	1	\$25/35	7/14
Paddleboard Basics	S302	Sun 8:30-9:30AM	Kim	Lap Pool	1	\$25/35	8/4
Paddleboard Yoga	S301	Sun 9:30-10:20AM	Kim	Lap Pool	1	\$25/35	7/14
Paddleboard Yoga	S303	Sun 9:30-10:20AM	Kim	Lap Pool	1	\$25/35	8/4
Strength Training Circuit	S134	M/W 10:10-11AM	Claudia	Fitness Center	16	\$59/99	7/8-8/28
Strength Training Circuit	S135	T/Th 6:30-7:20PM	Joanna	Grove 2	16	\$59/99	7/9-8/29
Strength Training Circuit	S136	M/W 4:30-5:20PM	Andrew	Grove 2	16	\$59/99	7/8-8/28
TRX Bell	S218	Tu/Th 7-7:50AM	Joanna	Grove 2	16	\$59/99	7/9-8/29
TRX Bell	S219	Tu/Th 8-8:50AM	Joanna	Grove 2	16	\$59/99	7/9-8/29
TRX Bell	S215	F 5:30-6:20AM	Laura	Grove 2	8	\$39/59	7/12-8/30
TRX Bell	S214	Sat 8-8:50AM	Laura	Grove 2	8	\$39/59	7/13-8/31

Note: Teens 10-14 must attend with parent, 15 & up on their own. Must be 12 for Paddle board class.



The mobile app allows you to get the most up to date details on class descriptions,

