



GROUP-EX SCHEDULE

MONDAY

- Aqua Fit w/Anna *Pool* | 9:00 am
- Total Body Strength w/ Vanessa *Turf* | 8:15 - 9a
- Spin HIIT w/ Vanessa *Cycle Studio* | 9 - 9:45a
- H2O in Motion w/Jeanne *Pool* | 11:00 am - 12:00 noon
- Vinyasa Yoga w/ Maeghen *Studio* | 12 - 1p [available on zoom](#)
- Dance Fusion w/ Brianna *Studio* | 4:30 - 5:20p
- Power Spin w/Amanda *Spin* | 5:30 pm
- Power Hour w/ Vanessa *Turf* | 5:30 -6:30 pm

TUESDAY

- Sunrise Yoga w/Linda *studio* | 6 - 7a [available on zoom](#)
- Step Cardio w/ Michelle *Turf* | 8:45 - 9:30 am
- Yoga w/ Carol *Studio* | 9:45 - 10:45a [available on zoom](#)
- Silver Sneakers w/ Rachel *Turf* | 11:15a - 12:15p
- Cycle HIIT w/ Amanda *Cycle Studio* | 12 - 12:45p

WEDNESDAY

- Aqua Fit w/Anna *pool* | 9:00 am
- Fitness Flow Yoga w/ Ann *Studio* | 9 - 10a [available on zoom](#)
- H2O in Motion w/Jeanne *Pool* | 11:00 am - 12:00 noon
- Dance Fusion w/Michelle *Studio* | 4:30-5:30pm
- Power Hour w/ Aimee *Turf* | 5-6p

CLUB HOURS:

Monday - Friday: 5a - 9:30p
Saturday - Sunday: 7a - 5p

KIDZ ZONE HOURS:

Monday - Thursday: 8a - 1p & 4 - 8p
Friday: 8a - 1p
Saturday: 9a - 1p Sunday: closed

THURSDAY

Sunrise Spin w/Kathy *cycle studio* | 6 - 7a ** starting 6/23
Low Impact Cardio w/ Anna *studio* | 9 - 9:40a [available on zoom](#)
Total Body Tabata w/ Michelle *turf* | 9 - 10a
Yoga w/ Carol *Studio* | 9:45 - 10:45a [available on zoom](#)
Silver & Fit w/ Cindy *Turf* | 11a - 12p [available on zoom](#)
Spin Strong w/ Amanda *Cycle Studio* | 12pm- 12:45p
Spin HITT w/ Vanessa *Cycle Studio* | 5- 5:30p
Bootcamp w/Vanessa *Turf* | 5:30-6:30p
Aqua Bootcamp w/Michelle *Pool* | 5:30 - 6:20p

FRIDAY

Aqua Fit w/Rachel *Pool* 9:00 am
Fitness Flow Yoga w/ Ann *Studio* | 9-10a
Yoga Balance w/ Carol *Studio* | 11a - 12p [available on zoom](#)

SATURDAY

Aqua HIIT w/Michelle *Pool* | 8-8:50a
Camp Penfield w/ Vanessa *Turf* | 9:30 - 10:30a
Classic Barre w/Maeghen *Studio* | 12-1p

SUNDAY

Aqua Surprise *Pool* | 8-9:00 am
Yoga w/ Annie *Studio* | 9:30 - 10:30a [available on zoom](#)

Class schedule is subject to change at any time

Please login to our Penfield Fitness Club app for the most up to date information, and to reserve your classes. Virtual class schedule is on the app.

Some classes have a max limit, you may reserve your spot up to a week in advance. Please cancel on the app if you are unable to attend so others may reserve. Watch for emails from the club for any cancellations.

