

GX FITNESS SCHEDULE

Effective August 2026

FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM (Gym/Studio)		FITNESS CHALLENGE* Diego (60m) 		FITNESS CHALLENGE* Diego (60m) 			
8:00 AM (GX Room)		ZUMBA TONING Yuko (45m)	STRETCHING Amy (45m)	ZUMBA TONING Yuko (45m)			
9:00 AM (GX Room)	ZUMBA GOLD Yuko (45m)		ZUMBA GOLD Yuko (45m)	MAT PILATES Marissa (60m)	ZUMBA GOLD Yuko (45m)	TAI-CHI AI (45m)	
9:00 AM (Gym/Studio)	FITNESS CHALLENGE* Diego (60m) 		FITNESS CHALLENGE* Diego (60m) 		FITNESS CHALLENGE* Diego (60m) 		
9:30 AM (GX Room)		CHAIR YOGA Supriya (45m)					
10:00 AM (GX Room)	SENIOR FIT Ethan (45m)		SENIOR FIT Ethan (45m)	FLOW YOGA Marissa (60m)	SENIOR FIT Ethan (45m)	FITNESS CHALLENGE* Diego (60m) 	FLOW YOGA Marissa (60m)
10:00 AM (Gym/Studio)	FITNESS CHALLENGE* Diego (60m) 		FITNESS CHALLENGE* Diego (60m) 		FITNESS CHALLENGE* Diego (60m) 		
10:30 AM (GX Room)		HATHA YOGA Supriya (45m)					
11:00 AM (GX Room)					ZUMBA TONING Yuko (45m)		YIN YOGA Marissa (60m)
3:00 PM (GX Room)		ZUMBA TONING Yuko (45m)		ZUMBA TONING Yuko (45m)	ZUMBA TONING Yuko (45m)		
4:00 PM (Gym/Studio)		FITNESS CHALLENGE* Amy (60m) 		FITNESS CHALLENGE* Amy (60m) 			
5:30 PM (GX Room)		YOGA Jaime (60m)		YOGA Jaime (60m)			
6:00 PM (GX Room)	FITNESS CHALLENGE* Diego (60m) 		FITNESS CHALLENGE* Diego (60m) 		FITNESS CHALLENGE* Diego (60m) 		
7:00 PM (Gym/Studio)	FITNESS CHALLENGE* Diego (60m) 		FITNESS CHALLENGE* Diego (60m) 				

Classes subject to change without notice

*PREMIUM CLASSES: Powered by  IMPULSE
Reach out to FP IMPULSE to register.

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AQUATICS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 AM (Teaching Pool)		HYDROFIT Felipe (45m)		HYDROFIT Felipe (45m)			
8:30 AM (Teaching Pool)	AQUACISE Ethan (45m)		AQUACISE Ethan (45m)		AQUACISE Ethan (45m)		
10 AM (Teaching Pool)	AQUA ZUMBA Yuko (45m)	AQUA ZUMBA Yuko (45m)	AQUA ZUMBA Yuko (45m)	AQUA ZUMBA Yuko (45m)	AQUA ZUMBA Yuko (45m)		
11 AM (Teaching Pool)	AQUACISE Ethan (45m)		AQUACISE Ethan (45m)		AQUACISE Ethan (45m)		

Scan the QR code for more class descriptions.

