

BANKS GYM CLASS RELOCATIONS

2/10-3/21/2025

Mondays

8:30-9:15 am Small Group Training to Arenstein Gym
9:30-10:15 am Body Combat (time change) to Arenstein Gym
12-12:45 pm Muscle Conditioning (time change) to Arenstein Gym
5:30-6:30 pm Body Pump to Arenstein Gym

Tuesdays

9:30-10:30 am Small Group Training to Arenstein Gym
12:30-1:30 pm Zumba Gold to Dance Studio
6:45-7:45 pm Small Group Training to Cycle/Fitness Center

Wednesdays

9-9:45 am Small Group Training to Arenstein Gym
10-11 am Body Pump to Arenstein Gym
12-12:45 pm Muscle Conditioning (time change) to Arenstein Gym

Thursdays

6-7 am Body Pump to Arenstein Gym
8:30-9:15 am Small Group Training to Arenstein Gym
11 am-12 pm Zumba Gold to Art Gallery (*2/20 located in Dance Studio)
5:30-6:30 pm Body Pump to Arenstein Gym
6:45-7:45 pm Small Group Training to Dance Studio/Fitness Center

Fridays

9:15-9:45 am Body Pump Express (time change) to Arenstein Gym
12:30-1:30 pm Zumba to front ½ of November (*3/7 located in Dance Studio)

Saturdays

8:30-9:15 am Small Group Training to Dance Studio
9:20-9:50 am Core to Dance Studio
10:30-11:30 am Body Pump (time change) to Group Exercise Studio
10:30-11:30 am Zumba
(2/22, 3/1, 3/15 – front ½ of November Auditorium,
3/8 Art Gallery) or Dance Studio

Sundays

10:30 -11:30 am Zumba Gold
(2/16, 2/23 & 3/2 front ½ of November Auditorium,
3/9 (Purim) Dance Studio, 3/16 Sisisky)
10:30-11:30 am Boot Camp to Group X or Outside
1-2 pm Tai Chi to Group X
2:30-3:30 Tai Chi to Group X