Galter Life Center
LIVE Group Fitness Schedule

effective October 5, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-6:30 a.m. Athlete30 Jesse Studio 1	6-7 a.m. Hybrid Dumbbell Shred **Jasmina*** Studio 1	6-6:30 a.m. Hybrid Group Core Jesse Studio 1	6-7 a.m. Hybrid Group Power Nikki/Carmen Studio 1	6:30-7:30 a.m. Hybrid Group Centergy Erika Studio 1		
6:45-7:15 a.m. Workout of the Week Staff Synrgy 360		6:45-7:15 a.m. Athlete30 Rodney Studio 1			7-8 a.m. Hybrid Group Ride Shannon Studio 1	
7:25-7:55 a.m. Hybrid 3D30 Jesse Studio 1		8:15-9 a.m. AAE Suzanne East Pool	8-8:30 a.m. Workout of the Week Staff Synrgy 360	8-8:30 a.m. Hybrid Cycle 30 Diana Studio 1	8:15-9 a.m. Aqua Yoga Shannon East Pool	8-9 a.m. Hybrid Cycling and Core **Tonna*** Studio 1
8-8:30 a.m. Hybrid R30 Nikki/Jesse Studio 1	9-10 a.m. Hybrid Yoga Pamela Studio 4	8:45-9:15 a.m. Hybrid R30 Leslie Studio 1	***NEW TIME*** 8:30-9:30 a.m. Hybrid Group Power **Staff*** Studio 1	8:30-9:25 a.m. Aqua Blast Shannon West Pool	8:15-9:15 a.m. Hybrid Group Power Bea Studio 1	
8:30-9:25 a.m. Aqua Mix Shannon West Pool	9:30-10:15 a.m. Boot Camp Katie Studio 3	9-10 a.m. Hybrid Yoga Sara Studio 4	9:05-10 a.m. Latin Splash Suzanne West Pool	8:35-9:05 a.m. Hybrid Move 30 Diana Studio 1	8:15-9:10 a.m. Aqua Blast Erin/Krista West Pool	9-10 a.m. Yoga Fundamentals Corinne Studio 4
8:35-9:05 a.m. Hybrid Group Core Nikki/Jesse Studio 1	10:15-11:10 a.m. Aqua Mix Shannon West Pool	9:05-10 a.m. Aqua Blast Suzanne West Pool	9:30-10:15 a.m. Hybrid Gentle Pilates Jessie Studio 4	9-10 a.m. Gentle Yoga Martha Studio 4	8:30-9:30 a.m. Boot Camp Katie/Jasmina Studio 3	9:15-10:10 a.m. Aqua Blast **Martha*** West Pool
9:15-10:15 a.m. Hybrid Group Fight Katie Studio 1	10:15-11:15 a.m. Hybrid Group Active Diana Studio 1	9:20-9:50 a.m. Hybrid 3D30 Jesse Studio 1	10:15-11 a.m. Hybrid Zumba **Martha*** Studio 1	9:15-10:15 a.m. Hybrid Group Fight Rodney Studio 1	9:30-10:25 a.m. Aqua Blast Shannon West Pool	9:30-10:30 a.m. Hybrid Group Blast Carmen/Retha/ Sophia Studio 1
10:15-11 a.m. AAE Suzanne East Pool	11:15 a.m.-noon AAE Shannon East Pool	10-11 a.m. Hybrid Group Groove Francie Studio 1	11-11:45 a.m. AAE Shannon West Pool	10:25-11:10 a.m. Aqua Yoga Shannon East Pool	9:30-10:30 a.m. Hybrid Group Groove Erin/Kerry Studio 1	10:15-11:10 a.m. Aqua Mix Suzanne West Pool
10:30-11:30 a.m. Hybrid Group Power Studio 1 Francie	11:30 a.m.-noon Hybrid Move 30 Diana Studio 1		11:15 a.m.- 12:15 p.m. Hybrid Yoga Pamela Studio 4	10:30-11 a.m. Hybrid 3D30 Francie Studio 1	10-11 a.m. Hybrid Yoga Tim Studio 4	10:45-11:45 a.m. Hybrid Group Centergy Erika/Nikki Studio 1
10:30-11:30 a.m. Hybrid Gentle Yoga Jessie Studio 4	11:45 a.m.-12:15 p.m. Hybrid Meditation Lin Studio 4	12:15-12:45 p.m. Workout of the Week Staff Synrgy 360	Noon-1:00 p.m. Boot Camp Jesse Studio 3	10:30-11:15 a.m. Hybrid Stretch and Tone Diana Studio 4	10:35-11:35 a.m. Hybrid Group Fight **Katie/Rodney*** Studio 1	11-11:50 a.m. Stability Ball Heather Studio 4
11:30-12:15 p.m. AAE Shannon West Pool	12:15-12:45 p.m. Hybrid R30 Francie Studio 1	12:30-1:30 p.m. Hybrid Chair Yoga Tim Studio 4	12:15-12:45 p.m. Hybrid Cycle 30 Tonna Studio 1	11:15 a.m.-noon AAE Shannon East Pool	11:45 a.m.- 12:45 p.m. Stretch and Tone Shannon Studio 1	12-12:45 p.m. Hybrid Pilates Mat Tonna Studio 4
12:15-12:45 p.m. Workout of the Week Staff Synrgy 360	12:30-1:30 p.m. Hybrid Chair Yoga Lin Studio 4			11:30 a.m.- 12:30 p.m. Hybrid Tai Chi Lin Studio 4		12-1 p.m. Hybrid Group Groove Mary Studio 1
12:30-1:15 p.m. Hybrid Chair Fitness Rodney Studio 4		2-2:45 p.m. AAE Suzanne East Pool		Noon-12:30 p.m. Athlete30 Nicole Studio 1	1-1:45 p.m. AAE Shannon West Pool	
4:55-5:50 p.m. Aqua Mix Shannon West Pool		4-4:45 p.m. Hybrid Intermediate Pilates Mat Andrew Studio 1	4:30-5:30 p.m. Hybrid Group Ride Shannon Studio 1	12:45-1:30 p.m. Hybrid Chair Fitness Nicole Studio 4		
5-5:50 p.m. Hybrid Nia Sara	***NEW TIME*** 5-6:00 p.m. Hybrid Stretch and Tone **Shannon*** Studio 1	5:30-6:15 p.m. Aqua Yoga Shannon East Pool	5:30-6 p.m. Athlete 30 Michael Studio 3	4:30-5 p.m. Hybrid R30 Lora Studio 1		
NEW CLASS 5-6 p.m. Hybrid Group Active Dannah Studio 1	5-5:30 p.m. Workout of the Week Jesse Synrgy 360	5:30-6:30 p.m. Hybrid Group Power Bea Studio 1		5:05-5:35 p.m. Hybrid Group Core Lora Studio 1		
6-7 p.m. Yoga Shannon Studio 4	5:45-6:45 p.m. Hybrid Group Fight Sophia Studio 1	6:30-7:25 p.m. Aqua Blast Shannon West Pool	6-6:55 p.m. Aqua Blast Shannon West Pool			
6:05-7:05 p.m. Hybrid Group Power Dannah Studio 1	***NEW CLASS*** 6-6:55 p.m. Latin Splash Suzanne West Pool	6:35-7:35 p.m. Candlelight Yoga Studio 4 Lisa	6-7 p.m. Hybrid Group Active Katie Studio 1	6-7 p.m. Hybrid Yoga Fundamentals Shannon Studio 4		
7:05-8:05 p.m. Hybrid Group Groove Mary	6:50-7:50 p.m. Hybrid Group Centergy Sophia Studio 1	6:45-7:45 p.m. Hybrid Group Blast Retha/Carmen Studio 1	7:05-8:05 p.m. Hybrid Group Centergy Lora/Nikki Studio 4			

*All new additions and changes to the previous version of the schedule are marked with a star.

Instructor substitutions may be made without notice. Group Fitness classes are free to attend with membership. See reverse side for class descriptions. For more information or to sign up for a class, visit galterlifecenter.org

Endeavor Health
Fitness & Wellness Center

CLASS DESCRIPTIONS

3D30 - 3D30 integrates strength and cardio training to build muscle, burn calories and improve agility. Dynamic music drives the energetic 30-minute workout with athletic movements and phases of high-intensity interval training. Train the way the body was designed to move.

AAE: Arthritis Foundation Aquatic Program - Water exercise geared specifically to those with arthritis. Improve joint flexibility and coordination; reduce muscle weakness and decrease pain and stiffness.

Athlete30® - ATHLETE30® is an athlete-inspired, high-intensity, 30-minute interval training session driven by high-powered music and motivating coaching. Expertly designed stations, a team training environment, and the self-paced feel are designed to help both elite and aspiring athletes become stronger, faster, and more agile in life and sport.

Aqua Blast - Add a little challenge, with this fun high-intensity water workout. This class includes explosive cardiovascular conditioning, upper and lower body toning benefits along with some soothing stretches. Moderate to high intensity without the joint impact.

Aqua Mix - Increase your cardio fitness, improve your strength and develop better balance and flexibility while performing exercises using noodles or buoys for a total body exercise experience.

Aqua Yoga (Arthritis Foundation) - Relaxing aquatic exercise with focus on balance and strength using traditional yoga poses in the water.

Aqua Zumba - Add high energy Latin music and movement to the basic water workout and you get Aqua Zumba. This class is appropriate for all fitness levels and requires no swimming or dancing skills.

Boot Camp - Every minute counts! Intervals of strength and cardio will take your fitness to a new level. Run, lunge and burpee your body strong!

Candlelight Yoga - A well-rounded, all levels class that is a mindful combination of breath, synchronized movement and static postures, all within a relaxing candlelit atmosphere.

Chair Fitness (Arthritis Foundation) - Chair exercise that will improve your range of motion, flexibility, aerobic capacity and endurance.

Chair Yoga (Arthritis Foundation) - A gentle form of yoga utilizing the chair for support. Chair Yoga allows greater flexibility and joint mobility through breath and relaxation techniques. Great for beginners and seniors.

Cycle 30 - This class will help you burn calories and improve your cardio fitness and muscle endurance in just 30-minutes! Enjoy the ride with inspiring music and motivational coaching throughout. Efficient and effective!

Cycling and Core - Burn calories and strengthen your legs as you ride over mixed terrain. Climb hills, sprint the flats and power through intervals to great music. Complete this workout with targeted core training. Enjoy the ride!

Cycling and Stretch - This program incorporates authentic cycling techniques for riders of all levels, put to motivating music. Accelerate fat loss and increase cardiovascular capacity with an extended stretch to help enhance flexibility which will help improve cycling performance and prevent injury.

Dance Fit - Sweat with a smile during this energizing dance fitness class. Improve your dance skills and cardio!

Dumbbell Shred - Strengthen and sculpt your full body with a high-energy workout using dumbbells and resistance bands. The power of supersets, HIIT and core training will leave you shredded!

Gentle Pilates - This gentle Pilates mat class combines the fundamentals of core engagement, proper posture and alignment to achieve an overall balanced body. This class is perfect for beginners or people with physical limitations.

Gentle Yoga - This class offers a therapeutic approach to yoga with simple poses/stretches and moving at a slower pace. Gentle Yoga focuses on relaxation of the mind and body through easy breath work and restorative poses that can be done on the back, belly and in seated positions.

Group Active® - This class gives you all the fitness training you need – cardio, strength, balance and flexibility. Get stronger, fitter and healthier with inspiring music, adjustable dumbbells, weight plates, body weight and simple athletic movements. ACTIVATE YOUR LIFE!

Group Blast® - Cardio training that uses The STEP® in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination and strength with exciting music and group energy. HAVE A BLAST!

Group Centergy® - Grow longer and stronger with an invigorating mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. REDEFINE YOUR SELF.

Group Core® - Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel and a platform – all to challenge you like never before. HARD CORE!

Group Fight™ - Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! FIGHT FOR IT!

Group Groove® - Sweat with a smile during this energizing fitness class. It's a sizzling cardio experience that is a fusion of club, urban and Latin dance styles set to the hottest current hits and the best dance songs ever produced! IF YOU CAN MOVE, YOU CAN GROOVE!

Group Power® - Blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight Group Power combines squats, lunges, presses and curls with functional integrated exercises. POWER UP!

Group Ride®/Group Ride® Express - A cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training. RIDE ON!

Intermediate Pilates Mat - This class focus on improving strength and flexibility for the whole body without building bulk. The Pilates Method includes over 500 exercises that focus on the muscles of the abdomen, back and glutes. Prior experience is recommended.

Latin Splash - A cardio workout in the water set to high energy Latin music - *caliente*! No swimming or dance skills required.

Latin Dance Workout - As you learn the basic steps of Salsa, Merengue, Bachata and Cha Cha you'll get your heart rate up and have some spicy fun! Improve your dance skills and cardio!

Meditation - Prep your mind and body for a healthy today and a happy tomorrow. Learn techniques to help you get through life's toughest situations.

Move 30 - This class is for anybody looking to improve their overall movement health with ease and less restriction and discomfort. From someone looking to build their confidence and start an exercise program, or someone reconditioning their body to help prevent pain or injury.

Move to Heal - Move to Heal is a mindful movement class and are for everybody with long- or short-term healing goals like recovery from injury, surgery, trauma, addiction; also, Parkinson's and other movement challenges. Chairs are available and used.

Nia - Combines movements and concepts from yoga, martial arts and dance to improve your cardio as well as increase body awareness, endurance, flexibility and energy levels. Nia is an exhilarating mind/body dance workout that is designed to invigorate, and then relax.

R30® - This class will get you fitter and feeling better in only 30 minutes. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance and build cardio fitness as you ride with surges, short intervals, power and end with a rush. EVERYONE FINISHES FIRST!

Stability Ball - This class emphasizes general skills on the ball to strengthen, stabilize and stretch the body. This class will give you a new, fresh way to exercise the body. Stability ball training is fun! All levels are welcome.

Stretch and Tone - This class is geared to strengthen and stretch the body. Improve your balance, posture, muscle and flexibility to inspiring music.

Tai Chi Chuan - A meditative form of exercise that links the health of the body to a relaxed state of mind. It combines breathing techniques with a series of slow movements that stretch and tone the body. It is easy on the joints, improves balance and posture, reduces falls, lowers blood pressure and improves concentration.

Workout of the Week - 30-minute interval training workout will combine strength and cardio for an efficient, challenging workout that can be modified for all levels.

Yoga - Designed for the student with some prior yoga experience. This class will refine alignment in the asanas and introduce advanced poses and sequenced combinations of poses. Build strength and flexibility along with developing breath control techniques (pranayama) in your practice.

Yoga Fundamentals – A class designed with the foundation of yoga as the primary focus. All levels welcome. A great beginner class to get started.

Zumba - Dance/fitness inspired by Latin and international rhythms that is fun for all ages.