

Group Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM							
7:00 AM						Cardio Physique Sue	
8:30 AM	Zumba Lindsay	Dance Fit Angi	Cardio Drum Julie	Line Dancing Julie	Fit2Dance (GYM) Cheryl	Water Areobics Linda	
9:30 AM	Total Body Sue		Total Body Sue		Total Body Sue	9AM Zumba (GYM) Robert & Thelma	
9:30 AM POOL	Combo H2O 9:40AM Christina	Cardio H2O Carolyn	Combo H2O 9:40AM Christina	Cardio H2O Carolyn		Deep H2O Linda	
10:30 AM				Zumba Toning Jessica			
1:00 PM							Sit Down, Shape Up 1:00 PM Jessica
4:30 PM	Yoga Cathy			LIFT Corina			
5:30 PM	Total Body Corina	LIFT Laura		HIGH Fitness Taylor			
5:30 PM GYM		Zumba (GYM) Robert & Thelma					
6:30 PM POOL		Water Areobics Linda		Deep H2O Linda			
6:30 PM	Zumba Toning Annie	High LOW Laura	Zumba/HipHop Annie	Line Dancing(2nd Thur of month) Julie			
7:15 PM							

Land classes are 45 minutes long to allow time for participants to clean their equipment between classes.



Insurance Based Members - Tivity (SilverSneakers), ASH or Optum

All Classes are Free

Daily Drop-In Rate

\$5 per class

VRC Members

Unlimited pass \$150

20 Class Pass

Member \$40 / Resident \$50 / Non-Resident \$70

50 Class Pass

Member \$75 / Resident \$100 / Non-Resident \$150

Updated Oct 24 2025

SCHEDULE MAY CHANGE DUE TO CLASS PARTICIPATION