

GROUPX

August 2026



Mon	Tues	Wed	Thur	Fri	Sat
6:45AM-7:45AM: 3 Aug: Intro to Cycling  5:45PM-6:45PM: Full Body Workout 	5:30PM-6:15PM: Weekly AquaFit  <u>Start date 11 August.</u>	11:00AM-11:30AM: Weekly Lunch Crunch  5:30PM-6:30PM: Performance Rides	9AM-10AM: Weekly Barbell 101 	11:00AM-11:30AM: Weekly Lunch Crunch  7AM-8AM: Weekly AquaFlow 	1 11AM-12PM: Rhythm Ride Intermediate Cycling 
3	4	5 5:30PM-6:30PM: Dance Pop Ride Performance Ride	6	7	8
10	11	12 5:30PM-6:30PM: Ritmo Power & Sculpt Ride Performance Ride	13	14	15 11AM-12PM: Intro to Cycling
17	18	19 5:30PM-6:30PM: Kat's Signature Ride Performance Ride	20	21	22 11AM-12PM: Climb & Conquer Intermediate Cycling
24	25	26 5:30PM-6:30PM: End of Summer Pulse Ride Performance Ride	27	28	29 11AM-12PM: Power Surge Intermediate Cycling
31	1	2 5:30PM-6:30PM: Coast to Coast Ride Performance Ride	3	4	5 11AM-12PM: Performance Ride Intermediate Cycling

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Date	Time	Event	Class Details	Location
3 & 15 Aug	6:45AM-7:45AM	Intro to Cycling 	Learn proper bike setup, riding form, climbing positions and common cycling terminology.	GroupX Room
3, 10, 17, 24, 31 Aug	5:45PM-6:45PM	Full Body Workout 	Train your body for real life with movements that improve everyday strength and mobility. Dumbbells and resistance bands used.	Fitness Center
5, 7, 12, 14, 19, 21, 26, 28 Aug & 2, 4 Sept	11:00AM-11:30AM	Lunch Crunch 	Fast-paced 30min. workout focused on strength, conditioning and core stability.	Fitness Center
6, 13, 20, 27 Aug & 3 Sept	9AM-10AM	Barbell 101 	Learn foundational barbell movements while building confidence and proper lifting technique.	Fitness Center
7, 14, 21, 28 Aug & 4 Sept	7AM-8AM	AquaFlow 	Close out your week with our deep-water 45min. class focused on mobility and resistance.	Aquatic Training Center
11, 18, 25 Aug & 1 Sept	5:30PM-6:15PM	AquaFit 	Low impact class great for turning up your intensity, build stamina and toning major muscle groups.	Aquatic Training Center