

# SAT

A.O.A. AquaFIT  
8:00 a.m.  
(45min)  
Gigi

AquaFIT  
9:00 a.m.  
(45min)  
Gigi

Cycle  
10:00 a.m.  
(60min)  
Gigi

MindBody  
11:00 a.m.

Daily Burn  
2:00 p.m.

PowerMusic  
6:00 p.m.

# SUN

L1FT  
12:00 p.m.

GOLFit  
1:00 p.m.

MindBody  
5:30 p.m.

Join our  
member exclusive

## FitLife

Facebook group for  
LIVE Virtual Classes  
and fitness tips!!

Fitness Center Hours:  
Tuesday - Saturday, 6 a.m. – 9 p.m.  
Sunday, 7 a.m. – 8 p.m.  
Monday, 6 a.m. – 2:00p

\*Some restrictions apply. See Club for details. ©ClubCorp USA, Inc. All rights reserved. 47045 1219 AD

Schedule subject to change. Please check the latest posting for any schedule updates.



# GROUP FITNESS SCHEDULE

STONEBRIAR

# MON

Cycling  
7:00 a.m.

A.O.A. Strength  
Intervals  
10:00 a.m.  
(60min)  
*Lisa*

Beginner YOGA  
11:00 a.m.  
(30min)  
*Lisa*

Piloxing  
9:00 a.m.

FitFusion  
12:00 p.m.

Wexer Virtual Classes

\*LIVE classes are currently  
limited to 8 Members.

A.O.A – Active Older Adults

# TUE

My Yoga Works  
7:00 a.m.

Kundalini  
Fusion (Yoga)  
10:00 a.m.  
(60min)  
Aurora

MindBody  
11:00 a.m.

POWER Circuit  
12:00 p.m.  
(45min)  
Gigi

R1DE  
2:00 p.m.

L1FT  
6:00 p.m.

# WED

Boot Camp  
6:00 a.m.  
(45min)  
*Shane*

Cycling  
7:00 a.m.

A.O.A. Cardio  
10:00 a.m.  
(60min)  
*Lisa*

Beginner YOGA  
11:00 a.m.  
(30min)  
*Lisa*

Zumba  
12:00 p.m.

MindBody  
2:00 p.m.

Epic Rides  
5:30 p.m.

# THU

My Yoga Works  
7:00 a.m.

Kundalini  
Fusion (Yoga)  
10:00 a.m.  
(60min)  
Aurora

MindBody  
11:00 a.m.

POWER Circuit  
12:00 p.m.  
(45min)  
Gigi

FitCardio  
2:00 p.m.

Zumba  
5:30 p.m.

L1FT  
6:00 p.m.

# FRI

Boot Camp  
6:00 a.m.  
(45min)  
*Shane*

Cycling  
7:00 a.m.

A.O.A. Cardio  
10:00 a.m.  
(60min)  
*Lisa*

Beginner YOGA  
11:00 a.m.  
(30min)  
*Lisa*

FitFusion  
12:00 p.m.

GOLFit  
2:00 p.m.

FitCardio  
5:30 p.m.