



Class Name	Days	Start Time	Duration	Cost	How to Pay	Preregistration Required	Zoom/ In-person	How to Register	Instructor
Water Aerobics	TU & TH	3:00	50	\$5.00	Cash to Instructor	yes -48hrs	In Person	fitnessfrontdesk@meadowsgcc.org	Margie
Gentle Yoga	TH	4:00	60	\$12.00	Venmo or PayPal	yes -48hrs	zoom	cheryl@gardenoftheheartyyoga.com	Cheryl
Yin Yoga	M	11:30	75	\$12.00	Venmo or PayPal	yes- 48hrs	zoom	radiantsoulyogawellness@gmail.com	Patty
All Levels Yoga	TU & FRI	9:00	75	\$12.00	Venmo or PayPal	yes -48hrs	zoom	radiantsoulyogawellness@gmail.com	Patty
Balance	Fr	9:30	25	\$ 10.00	cash to instructor	yes- 48hrs	in person	bookins619@hotmail.com	Rebecca
Stretch & Tone	Tu	8:45	50	\$5.00	cash to instructor	yes- 48hrs	zoom	bookins619@hotmail.com	Rebecca
Stretch & Tone	TH	8:30	50	\$5.00	cash to instructor	yes -48hrs	zoom	penelopespanache@verizon.net	Penelope
Chair classes	T	9:45	20	\$3.00	cash to instructor	yes-48hrs	zoom	bookins619@hotmail.com	Rebecca

Monday-Friday 7AM-7PM, Saturday 7 AM-4 PM

To workout in the Fitness Center you must complete the orientation prior to the use of the equipment.

To schedule your fitness orientations via Zoom email; cromeo@theiconteam.com

No guests are permitted in the fitness center at this time. Current pool hours: 7:30 AM-7:00 PM, excluding inclement weather, during water aerobics classes and private events. The pool is closed Monday, Wednesday 11:20-12:30, Friday from 11:50 AM-1 PM, Tuesdays & Thursdays 2:50-4 PM

Check with the fitness center on all schedules as they are subject to change.