



Chinn Group Fitness Schedule

Updated 6/14/21

RESERVATIONS REQUIRED: Open QR code or go to link below. On the schedule, click on "Register for a Group Fitness Class"

Reservations available 48 hours in advance

Drop ins - \$12

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
L A N D	8:15-9:10am Yoga	8:15-9:10am Zumba	8:15-9:10am Total Strength	8:15-9:10am Actively Fit	8:15-9:10am Yoga	9:15-10:10am Zumba Class held in GYM*	
	9:30-10:25am Zumba Toning NEW TIME	9:30-10:25am Barre NEW TIME	9:30-10:25am Yoga NEW TIME	9:30-10:25am TRX NEW TIME	9:30-10:25am Total Strength NEW TIME	10:30-11:25am Yoga NEW TIME - STARTS 6/26	
	5:15-6:10pm Total Strength	5:15-6:10pm Cardio Camp	5:15-6:10pm Zumba	5:15-6:10pm Yoga	5:15-6:10pm Zumba STARTS 6/25	3:15-4:10pm Total Strength	

Land classes held Multipurpose Room*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A Q U A	8:45-9:35am Aqua Fitness NEW		8:45-9:35am Aqua Fitness NEW		8:45-9:35am Aqua Fitness NEW		
	12:15-1:05pm Aqua Fitness	12:15-1:05pm Aqua Fitness	12:15-1:05pm Aqua Fitness	12:15-1:05pm Aqua Fitness	12:15-1:05pm Aqua Fitness	1:15-2:05pm Aqua Zumba	1:15-2:05pm Aqua Fitness
		7:15-8:05pm Aqua Fitness		7:15-8:05pm Aqua Fitness			

Aqua classes held in Pool



For most up-to-date information, check out our online Schedule (includes class descriptions) at

www.pwcva.gov/departments/chinn-aquatics/group-fitness