

Brodie Modified Group Fitness | April 15 - 26

All Group Fitness Classes will be held at Wilson Recreation Center until further notice. The classes below were previously held in Brodie and are now being held in Wilson at the noted locations:

Monday:

Express Muscle Pump: 7:30am - Wilson 110

Pilates Barre: 5:15pm - Wilson 110

Muscle Pump: 5:15pm - Wilson 125

Club Cardio: 6:15pm - Wilson 110

Tuesday:

Yoga & Core: 5:15pm - Wilson 110

Rhythm HIIT: 6:15pm - Wilson 110

Wednesday:

Express HIIT: 7:30am - Wilson 110

Absolutely: 5:15pm - Wilson 110

Pilates Barre: 6:15pm - Wilson 110

Strength & Sculpt: 6:15pm - Functional Training Space

Thursday:

Vinyasa Yoga: 6:15pm - Wilson 110

Friday:

[View the Wilson schedule](#)

Saturday:

Pilates: 10:00am - Wilson 110

Sunday:

Yoga & Core: 3:30pm - K-Ville (Wilson Court 3 if poor weather)