

FALL 2025 GROUP FITNESS SCHEDULE

READING WEEK: OCT. 13-19, 2025



	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
	Cycle	Studio 1	Studio 4	Cycle	Studio 1	Studio 4	Cycle	Studio 1	Studio 4	Cycle	Studio 1	Studio 4	Cycle	Studio 1	Studio 4
7:00 AM - 8:00 AM	Thanksgiving Day - ARC Closed														
8:30 AM - 9:30 AM															
11:30 AM - 12:30 PM															
12:00 PM - 1:00 PM								Triple Threat			Barre Fitness			Full Body Strength	
4:30 PM - 5:30 PM						Hatha Yoga						Hatha Yoga			
5:30 PM - 6:30 PM								Gael Force Cycle							
6:30 PM - 7:30 PM					Barre Fitness						Gael Force Cycle				
7:30 PM - 8:30 PM															

**BUY A GROUP FITNESS
PASS FOR UNLIMITED
ACCESS TO CLASSES!**

REGULAR PRICING:

Full Year Pass (Sep-Apr) \$160
Semester Pass (Sep-Dec) \$95

REMEMBER TO SIGN UP FOR EACH CLASS AT [GETACTIVE.GOGAELSGO.COM](https://getactive.gogaelsgo.com)