



Group Fitness Schedule

Effective January 3, 2022

TIME	CLASS	INSTRUCTOR / STUDIO
Monday		
7:00 - 8:00 am	Vinyasa Flow Yoga	Brittany Z. 4
8:30 - 9:15 am	Power Step	John N. 2
9:30 - 10:00 am	Abs & Arms	Katie D. 2
12:00 - 12:50 pm	Studio Cycle	Julie S. C
4:30 - 5:30 pm	Zumba	Angel S. 2
5:30 - 6:20 pm	Studio Cycle	Amy S. C
5:30 - 6:30 pm	Yoga Sculpt	Scott Z. 4
6:00 - 6:45 pm	BODYATTACK Express	Nikki S. 2
7:00 - 8:00 pm	BODYPUMP	David R. 2
7:00 - 8:00 pm	Vinyasa Flow Yoga	Jordan R. 4

TIME	CLASS	INSTRUCTOR / STUDIO
Tuesday		
6:00 - 6:50 am	Studio Cycle	Julie S. C
6:00 - 7:00 am	BODYPUMP	Makenzie V. 2
10:00 - 10:45 am	Aqua Movement	Alisa G. P
12:00 - 12:45 pm	Tread & Shred	Jody B. CF
4:30 - 5:30 pm	Ballet Burn	Heather H. 2
5:30 - 6:20 pm	Studio Cycle	Amy S. C
5:45 - 6:15 pm	Les Mills CORE	John N. 2
6:00 - 7:00 pm	Yoga (Multi-Level)	Heather H. 4
6:30 - 7:00 pm	SPRINT	Jason P. C
6:30 - 7:30 pm	BODYPUMP	John N. 2
7:15 - 8:15 pm	Pilates Mat	Paul R. 4

TIME	CLASS	INSTRUCTOR / STUDIO
Wednesday		
6:00 - 6:50 am	Studio Cycle	Peter M. C
8:30 - 9:45 am	Vinyasa Flow Yoga	Bradshaw W. 4
9:30 - 10:20 am	Studio Cycle	Katie D. C
11:00 - 11:30 pm	Abs & Arms	Katie D. 2
12:00 - 1:00 pm	Zumba	Suzy C. 2
5:00 - 6:00 pm	BODYPUMP	Jason P. 2
5:30 - 6:30 pm	Pilates Mat	Penny S. 4
6:15 - 7:00 pm	BODYATTACK Express	Christian S. 2
6:30 - 7:20 pm	Studio Cycle	Jason P. C
7:00 - 8:00 pm	Vinyasa Flow Yoga	Kenyatta D. 4
7:30 - 8:30 pm	BODYPUMP	Alyssa O. 2

2 = Studio 2 4 = Studio 4 CF = Cardio Floor
 C = Cycle Studio P = Pool

TIME	CLASS	INSTRUCTOR / STUDIO
Thursday		
6:00 - 6:50 am	Studio Cycle	Julie S. C
6:00 - 7:00 am	BODYPUMP	Katie D. 2
9:30 - 10:30 am	Vinyasa Flow Yoga	Mindy G. 4
12:00 - 1:00 pm	BODYPUMP	Amy S. 2
4:30 - 5:15 pm	Ballet Burn	Katie D. 2
5:30 - 6:45 pm	Yoga (Multi-Level)	Jen W. 4
5:30 - 6:20 pm	Studio Cycle	Alyssa O. C
6:00 - 6:45 pm	Aqua Zumba	Ramon M. P
6:00 - 7:00 pm	BODYPUMP	Susan B. 2

TIME	CLASS	INSTRUCTOR / STUDIO
Friday		
6:00 - 7:00 am	BODYPUMP	Erika S. 2
7:00 - 7:30 am	SPRINT	Laura B. C
8:30 - 9:00 am	Abs & Arms	Michael S. 2
9:15 - 10:15 am	Pilates Mat	Emma K. 4
12:00 - 12:50 pm	Studio Cycle	Julie S. C

TIME	CLASS	INSTRUCTOR / STUDIO
Saturday		
8:00 - 9:00 am	BODYPUMP	John N. 2
8:30 - 9:20 am	Studio Cycle	Julie S. C
8:30 - 9:30 am	Pilates Mat	Hayley R. 4
9:15 - 10:15 am	Power Step	Jody B. 2
9:30 - 10:20 am	Studio Cycle	Julie S. C
10:00 - 11:00 am	Vinyasa Flow Yoga	Kali O. 4
10:30 - 11:30 am	BODYPUMP	Jason P. 2
11:00 - 12:00 pm	Aqua Zumba	Yessenia A. P
12:00 - 1:00 pm	Zumba	Angel S. 2

TIME	CLASS	INSTRUCTOR / STUDIO
Sunday		
8:30 - 9:30 am	Pilates Mat	Penny S. 4
9:30 - 10:30 am	BODYPUMP	Paul R. 2
10:00 - 10:50 am	Studio Cycle	Alyssa O. C
10:45 - 11:45 am	Studio Strength	Michaela M. 2
12:00 - 1:00 pm	Boxing Challenge	Garret W. 2
2:00 - 3:00 pm	Hip Hop Funk / Funk	Viola E. 2

Schedules subject to change. Please refer to CAC's new app for updates.