



# Group Fitness Schedule

Effective January 3, 2022

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Monday</b>		
6:00 - 6:50 am	Studio Cycle	Julie S. <b>C</b>
12:00 - 12:45 pm	HIIT + Hard Core	Jody B. <b>1</b>
5:00 - 5:30 pm	GRIT Cardio	TBD <b>1</b>
5:30 - 6:30 pm	Vinyasa Flow Yoga	Laura D. <b>2</b>
5:45 - 6:45 pm	BODYPUMP	Kelsee W. <b>1</b>

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Tuesday</b>		
6:00 - 6:45 am	Total Body Training	Rico B. <b>1</b>
7:00 - 8:00 am	Yoga (Multi-Level)	Kali O. <b>2</b>
10:30 - 11:30 am	BODYPUMP	Katie D. <b>1</b>
12:00 - 12:30 pm	Row360	Julie S. <b>R</b>
5:15 - 5:45 pm	Row360	Alexis A. <b>R</b>
5:30 - 6:20 pm	Studio Cycle	Donna P. <b>C</b>
6:00 - 7:00 pm	BODYPUMP	Susan B. <b>1</b>
6:00 - 7:00 pm	Pilates Mat	Penny S. <b>2</b>

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Wednesday</b>		
6:00 - 6:50 am	Studio Cycle	Stacey H. <b>C</b>
9:30 - 10:30 am	Barre Burn	Mindy G. <b>2</b>
12:00 - 12:30 pm	SPRINT	Amy S. <b>C</b>
5:00 - 5:30 pm	HIIT	Stephanie P. <b>1</b>
5:30 - 6:30 pm	Vinyasa Flow Yoga	Laura D. <b>2</b>
5:45 - 6:45 pm	Total Body Training	Stephanie P. <b>1</b>
7:00 - 8:00 pm	Boxing Challenge	Frank R. <b>1</b>

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Thursday</b>		
6:00 - 7:00 am	BODYPUMP	Rico B. <b>1</b>
11:00 - 12:00 pm	Aqua TBT	Penny S. <b>P</b>
12:00 - 12:45 am	Row360	Julie S. <b>R</b>
12:00 - 1:00 pm	Zumba	Alberto A. <b>1</b>
5:00 - 6:00 pm	Yoga (Multi-Level)	Mary K. <b>2</b>
5:30 - 6:00 pm	SPRINT	Jamey D. <b>C</b>
6:15 - 7:15 pm	BODYPUMP	Jamey D. <b>1</b>

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Friday</b>		
9:30 - 10:20 am	Studio Cycle	Traci C. <b>C</b>
10:30 - 11:00 am	Row360	Julie S. <b>R</b>
11:00 - 12:00 pm	BODYPUMP	Kelsee W. <b>1</b>
12:00 - 1:00 pm	Yoga (Multi-Level)	Brittany Z. <b>2</b>

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Saturday</b>		
8:00 - 9:00 am	Yoga Sculpt	Scott Z. <b>2</b>
8:30 - 9:00 am	Les Mills CORE	Amy S. <b>1</b>
9:15 - 9:45 am	SPRINT	Amy S. <b>C</b>
9:45 - 10:45 am	BODYPUMP	David R. <b>1</b>
10:30 - 11:15 am	Tread & Shred	Michael S. <b>CF</b>

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Sunday</b>		
8:45 - 9:45 am	Yoga (Multi-Level)	Jen W. <b>2</b>
9:00 - 10:00 am	BODYPUMP	Erika S. <b>1</b>
9:30 - 10:20 am	Studio Cycle	Traci C. <b>C</b>
10:00 - 11:00 am	Barre	Jen W. <b>2</b>
10:30 - 11:00 am	Row 360	Stephanie P. <b>R</b>

**1 = Studio 1**                      **R = Row Studio**                      **P = Pool**  
**2 = Studio 2**                      **C = Cycle Studio**                      **CF = Cardio Floor**

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