



Group Fitness Schedule

Effective January 3, 2022

TIME CLASS INSTRUCTOR / STUDIO

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Monday

9:15 - 10:15 am	Ballet Burn	Raquel F. 1
9:30 - 10:20 am	Studio Cycle	Paul R. C
10:30 - 11:30 am	Yoga (Multi-Level)	Erica M. 2
12:00 - 1:00 pm	Aqua TBT	Lisa H. P
5:00 - 6:00 pm	Pilates Mat	Hayley R. 2
5:30 - 6:30 pm	BODYPUMP	Susan B. 1
6:00 - 6:30 pm	SPRINT	Jason P. C
6:45 - 7:15 pm	Les Mills CORE	Jason P. 1

Thursday continued...

12:00 - 1:30 pm	Vinyasa Flow Yoga	Erica M. 2
5:30 - 6:30 pm	Studio Strength	Lisa H. 1
6:00 - 6:50 pm	Studio Cycle	Angie M. C
6:45 - 7:45 pm	Boxing Challenge	AC 1

Tuesday

6:00 - 7:00 am	BODYPUMP	Jamey D. 1
7:15 - 7:45 am	SPRINT	Jamey D. C
10:30 - 11:30 am	Yoga Sculpt	Raquel F. 2
12:00 - 12:50 pm	Studio Cycle	Mark M. C
12:00 - 1:00 pm	Ashtanga Power Yoga	Mary K. 2
5:30 - 6:30 pm	Yoga Multi-Level	Brittney Z. 2
5:45 - 6:30pm	BODYCOMBAT Express	Jojo Y. 1
6:00 - 6:50 pm	Studio Cycle	Rico B. C
6:00 - 7:00 pm	Aqua Movement	Trudi G. P
6:45 - 7:45 pm	BODYPUMP	Nikki S. 1

Friday

6:00 - 6:50 am	Studio Cycle	Paul R. C
7:15 - 8:15 am	Yoga Sculpt	Meghan G. 2
9:00 - 10:00 am	Yoga (Multi-Level)	Kali O. 2
9:30 - 10:30 am	Studio Cycle	Jennifer T. C
10:00 - 11:00 am	Aqua TBT	Lisa H. P
10:30 - 11:30 am	BODYPUMP	Jennifer T. 1
5:00 - 5:30 pm	HIIT	Lisa H. 1
5:45 - 6:15 pm	Hard Core	Lisa H 1

Wednesday

6:00 - 6:50 am	Studio Cycle	Mark M. C
8:15 - 9:00 am	BODYPUMP Express	Nikki S. 1
9:15 - 9:45 am	SPRINT	Nikki S. C
12:00 - 1:00 pm	Aqua TBT	Lisa H. P
12:00 - 1:00 pm	Yoga (Multi-Level)	Kali O. 2
5:00 - 5:45 pm	BODYPUMP Express	Jennifer T. 1
6:00 - 6:30 pm	Les Mills CORE	Jennifer T. 1
6:00 - 7:15 pm	Yoga (Multi-Level)	Mary K. 2

Saturday

9:00 - 9:50 am	Studio Cycle	Michel F. C
9:30 - 10:00 am	GRIT Strength	Jojo Y. 1
10:15 - 11:15 am	BODYJAM	Nikki S. 1
11:15 - 12:15 pm	Vinyasa Flow Yoga	Ken C. 2
11:30 - 12:30 pm	BODYPUMP	Jamey D. 1
12:00 - 1:00 pm	Aqua Movement	Stephanie H. P

Sunday

9:30 - 10:30 am	BODYPUMP	Leslie B. 1
10:45 - 11:45 am	BODYCOMBAT	Leslie B. 1
12:00 - 1:00 pm	Yoga (Multi-Level)	Ken C. 2
2:00 - 3:00 pm	Pilates Mat	Hayley R. 2
4:00 - 5:30 pm	Yin Yoga	Ken C. 2

Thursday

9:30 - 10:00 am	SPRINT	Jennifer T. C
10:15 - 10:45 am	Les Mills CORE	Jennifer T. 1
10:30 - 11:30 am	Yoga (Multi-Level)	Erica M. 2

1 = Studio 1 C = Cycle Studio
2 = Studio 2 P = Pool

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