



Group Fitness Schedule

Effective February 1st, 2022

TIME CLASS INSTRUCTOR / STUDIO

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Monday

12:00 - 1:00 pm	Vinyasa Flow Yoga.....	Ashley S. 3
5:00 - 5:30 pm	HIIT	Jennifer T. 1
5:30 - 6:30 pm	Pilates Mat	Penny S. 2
5:45 - 6:30 pm	BODYCOMBAT Express	Jojo Y. 1
5:45 - 6:35 pm	Studio Cycle	Jennifer T. C

Friday

6:30 - 7:00 am	SPRINT	Alexis A. C
7:00 - 8:00 am	Yoga (Multi-Level)	Kathy P. 2
12:00 - 1:00 pm	Vinyasa Flow yoga.....	Caroline B. 2

Tuesday

12:00 - 1:00 pm	BODYPUMP	Jennifer T. 1
12:00 - 1:00 pm	Vinyasa Flow Yoga.....	Erica M. 2
5:00 - 6:00 pm	BODYPUMP	Hannah C. 1
6:15 - 7:00 pm	BODYATTACK Express	Alyssa O. 1

Saturday

9:00 - 9:50 am	Studio Cycle	Donna P. C
9:30 - 10:30 am	BODYPUMP	Susan B. 1
10:45 - 11:45 am	BODYCOMBAT.....	Susan B. 1

Wednesday

7:00 - 8:00 am	Yoga (Multi-Level)	Laura D. 2
11:00 - 12:00 pm	Total Body Training.....	Stephanie P. 1
5:00 - 6:00 pm	Vinyasa Flow Yoga.....	Caroline B. 2
5:30 - 6:15 pm	BODYPUMP Express	Meagan P. 1
6:30 - 7:15 pm	BODYCOMBAT Express	Hannah C. 1

Sunday

9:00 - 9:50 am	Studio Cycle	John N. C
10:00 - 11:00 am	BODYPUMP	John N. 1
10:00 - 11:00 am	Vinyasa Flow yoga.....	Laura D. 2

1 = Studio 1 2 = Studio 2 C = Cycle Studio

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

Thursday

9:00 - 10:00 am	Tread and Shred	Stephanie F. CF
12:00 - 12:30 pm	GRIT Cardio	Alexis A. 1
12:00 - 1:00 pm	Vinyasa Flow Yoga.....	Laura D. 2
5:00 - 6:00 pm	BODYPUMP	Katie B. 1
5:30 - 6:30 pm	Yoga (Multi Level)	Caroline B. 2
6:00 - 6:50 pm	Studio Cycle	Erica S. C
6:15 - 7:15 pm	BODYJAM	Katie B. 1