



# Group Fitness Schedule

Effective May 1, 2026

TIME CLASS INSTRUCTOR / STUDIO

## Monday

6:30 - 7:30 am	Barre.....	Michaela V. 1
7:30 - 8:30 am	Pilates Mat.....	Michaela V. 1
12:00 -12:50 pm	HIT Cycle.....	Jennifer T. C
5:00 - 6:00 pm	Pilates Mat.....	Aleta Z. 3
5:00 - 6:00 pm	Studio Strength.....	Pete E. 2
5:30 - 6:00 pm	HIT Cycle Express.....	Libby L. C
6:15 - 7:15 pm	Cycle Fusion.....	Pete E. C
6:15 - 7:15 pm	Pilates Barre Fusion.....	Kat F. 1
6:30 - 7:30 pm	BODYPUMP.....	Liz C. 2
6:30 - 7:30 pm	Yoga (Multi-Level).....	Renee K. 3

## Tuesday

6:00 - 7:00 am	BODYPUMP.....	Chelsea S. 2
7:00 - 8:00 am	Vinayasa Flow Yoga.....	Mindy G. 3
11:00 - 12:00 pm	Studio Strength.....	Alex E. 2
12:00 - 1:00 pm	Vinyasa Flow Yoga.....	Erica M. 3
5:00 - 5:45 pm	Total Body Training.....	Jennifer T. 2
5:30 - 6:30 pm	Pilates Barre Fusion.....	Aleta Z. 1
5:30 - 6:30 pm	Yoga (Multi-Level).....	Therese C. 3
6:00 - 6:50 pm	HIT Cycle.....	Jennifer T. C
6:30 - 7:30 pm	BODYPUMP.....	Sophia L. 2
6:45 - 7:45 pm	Yoga Sculpt.....	Delaney M. 3

## Wednesday

9:00 - 10:00 am	Yoga (Multi-Level).....	Kat F. 3
10:00- 11:00 am	Pilates Fusion.....	Kat F. 3
12:00 - 1:00 pm	BODYPUMP.....	Erika S. 2
12:00 - 1:00 pm	PilatesFusion.....	Mindy G. 3
5:15 - 6:15 pm	Cycle Fusion.....	Erica S. C
5:15 - 6:15 pm	Pilates Mat.....	Kayce H.B. 3
5:30 - 6:30 pm	BODYPUMP.....	Cedric T. 2
6:30 - 7:30 pm	Barre.....	Aleta Z. 1
6:30 - 7:00 pm	HIT Cycle Express.....	Libby L. C
7:00 - 8:00 pm	Yoga (Multi-Level).....	Renee K. 3

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## Thursday

6:00 - 7:00 am	BODYPUMP.....	Sharon T. 2
12:00 - 12:45 pm	Studio Strength.....	Kat F. 2
12:00- 1:00 pm	Barre.....	Therese C. 1
5:00 - 6:00 pm	Pilates Mat.....	Michaela V. 3
5:30 - 6:20 pm	HIT Cycle.....	Jonathan S. C
5:30 - 6:30 pm	Barre.....	Aleta Z. 1
6:15 - 7:15 pm	BODYPUMP.....	Yessenia A. 2
6:30 - 7:30 pm	Hatha Yoga.....	Stephanie S. 3

## Friday

10:15 - 11:15 am	Pilates Fusion.....	Kat F. 3
12:00 - 12:45 pm	Studio Strength.....	Michael N. 2
12:00 - 1:00 pm	Ballet Burn.....	Mindy G. 1
12:30 - 1:30 pm	Yoga Sculpt.....	Laura D. 3
3:00 - 4:00 pm	Yoga (Multi-Level).....	Kristen D. 3

## Saturday

8:30 - 9:30 am	BODYPUMP.....	Kate K. 2
9:30 - 10:30 am	Yoga (Multi-level).....	Kathy P. 3
10:00 - 10:50 am	HIT Cycle.....	Yessenia A. C
11:00 -11:30 am	Les Mills CORE.....	Yessenia A. 2
11:00 - 12:00 pm	Pilates Mat.....	Aleta Z. 3
12:30 - 1:30 pm	Zumba.....	Cedric T. 1

## Sunday

9:00 - 9:50 am	HIT Cycle.....	Reyna S. C
10:00 - 11:00 am	BODYPUMP.....	Yessenia A. 2
10:30 - 11:30 am	Yoga (Multi-Level).....	Gabby K. 3
11:00 - 12:00 am	Pilates Fusion.....	Kat F. 1
12:00 - 1:00 pm	Barre Burn.....	Kat F. 1

1 = Studio 1 2 = Studio 2 3 = Studio 3 C = Cycle Studio CF = Cardio Floor

Schedules subject to change. Please refer to the CAC app for updates.