



# Group Fitness Schedule

Effective May 1, 2026

## Monday

6:00 - 7:00 am	BODYPUMP Heavy.....	Hayley R.	2
7:00 - 7:30 am	SPRINT.....	Annie S.	C
7:00 - 8:00 am	Vinyasa Flow Yoga.....	Kathy P.	4
8:30 - 9:15 am	Power Step.....	John N.	2
9:00 - 10:00 am	Yoga (Multi-Level).....	Samantha G.	4
9:30 - 10:00 am	Abs & Arms.....	John N.	2
10:15 - 11:15 am	BODYPUMP Heavy.....	Nikki S.	2
11:00 - 12:00 pm	Pilates Mat.....	Hayley S.	4
12:00 - 1:00 pm	Cycle Fusion.....	Julie S.	C
4:30 - 5:30 pm	Zumba.....	Angel S.	2
5:00 - 6:00 pm	Yoga Sculpt.....	Scott Z.	4
5:30 - 6:20 pm	HIT Cycle.....	Noel D.	C
5:30 - 6:25 pm	Aqua Movement.....	Stephanie H.	P
6:00 - 6:45 pm	BODYATTACK Express.....	Christian S.	2
6:00 - 7:00 pm	Yoga Sculpt.....	Scott Z.	4
6:30 - 7:20 pm	HIT Cycle.....	Kourtney T.	C
7:00 - 8:00 pm	BODYPUMP.....	Dee I.	2
7:00 - 8:00 pm	Vinyasa Flow Yoga.....	Jessica Z.	4
8:00 - 8:15 pm	Meditation.....	Jessica Z.	4

## Tuesday

6:00 - 6:50 am	HIT Cycle.....	Julie S.	C
6:00 - 7:00 am	BODYPUMP.....	Michaela M.	2
6:30 - 7:30 am	Pilates Fusion.....	Jenn M.	4
9:00 - 10:00 am	Yoga (Mult-Level).....	Matthew A.	4
9:30 - 10:20 am	HIT Cycle.....	Julie S.	C
10:00 - 10:55 am	Aqua Movement.....	Kat F.	P
12:00 - 12:45 pm	Tread & Shred.....	Jody B.	CF
12:00 - 1:00 pm	Vinyasa Flow Yoga.....	Kali O.	4
4:30 - 5:30 pm	Ballet Burn.....	Heather H.	2
5:30 - 6:20 pm	HIT Cycle.....	Jason P.	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.....	Jen P.	C
6:30 - 7:30 pm	BODYPUMP.....	John N.	2
7:15 - 8:15 pm	Pilates Mat.....	Paul R.	4

## Wednesday

6:00 - 7:00 am	Pilates Mat.....	Dana R.	4
6:30 - 7:00 am	SPRINT.....	Jamey D.	C
8:30 - 9:30 am	BODYPUMP.....	John N.	2
8:30 - 9:30 am	Vinyasa Flow Yoga.....	Christy P.	4
9:30 - 10:20 am	HIT Cycle.....	Peter M.	C
10:30 - 11:00 am	Abs & Arms.....	Peter M.	2
11:15 - 11:45 am	Stretch.....	Katy A.	4
12:00 - 1:00 pm	Vinyasa Flow Yoga.....	Morris M.	4
4:00 - 4:45 pm	HIIT + Hard Core.....	Michaela M.	2
5:00 - 6:00 pm	BODYPUMP.....	Jason P.	2
5:15 - 6:05pm	HIT Cycle.....	David R.	C
5:30 - 6:30 pm	Pilates Mat.....	Penny S.	4
6:15 - 7:15 pm	BODYJAM.....	David R.	2
6:30 - 7:20 pm	HIT Cycle.....	Jen P.	C
7:00 - 8:00 pm	Vinyasa Flow Yoga.....	Erin H.	4
7:30 - 8:30 pm	BODYPUMP Heavy.....	Anastasia G.	2

## Thursday

6:00 - 7:00 am	Cycle Fusion.....	Julie S.	C
6:00 - 6:45 am	BODYPUMP Express.....	Alex S.	2
6:30 - 7:30 am	Pilates Fusion.....	Jenn M.	4
8:30 - 9:15 am	Stretch.....	Mindy G.	4
9:30 - 10:30 am	Vinyasa Flow Yoga.....	Mindy G.	4
10:00 - 10:55 am	Aqua TBT.....	Samatha G.	P
12:00 - 1:00 pm	BODYPUMP Heavy.....	Paul R.	2
3:30 - 4:15 pm	Zumba.....	Alberto A.	2
4:15 - 5:00 pm	Ballet Burn.....	Alberto A.	2
4:30 - 5:30 pm	Pilates Mat.....	Erin H.	4
5:15 - 5:45 pm	Les Mills CORE.....	Jason P.	2
5:45 - 6:15pm	GRIT Strength.....	Jason P.	2
5:30 - 6:20 pm	HIT Cycle.....	James S.	C
5:45 - 6:45 pm	Yoga (Multi-Level).....	Erin H.	4
6:30 - 7:30 pm	BODYPUMP.....	Paul R.	2
6:30 - 7:20 pm	HIT Cycle.....	Reyna S.	C
7:00 - 8:00 pm	Pilates Mat.....	Dana R.	4

## Friday

6:00 - 7:00 am	BODYPUMP.....	Paul R.	2
6:00 - 7:00 am	Pilates Fusion.....	Ashley G.	4
7:00 - 7:30 am	SPRINT.....	Jamey D.	C
7:15 - 8:15 am	Studio Strength.....	Jess S.	2
7:30 - 8:30 am	Yoga (Multi - Level).....	Erin H.	4
8:30 - 9:00 am	Abs & Arms.....	Jody B.	2
9:15 - 10:15 am	Pilates Mat.....	Erin H.	4
12:00 - 1:00 pm	Cycle Fusion.....	Julie S.	C
12:00 - 1:15 pm	Yoga (Mult-Level).....	Kali O.	4
4:00 - 5:00 pm	Vinyasa Flow Yoga.....	Nikki S.	4
4:15 - 5:15 pm	BODYPUMP.....	Anastasia G.	2
5:30 - 6:15 pm	BODYATTACKExpress.....	Nikki S.	2

## Saturday

8:00 - 9:00 am	BODYPUMP.....	Arbie B.	2
8:00 - 9:00 am	Pilates Mat.....	Hayley S.	4
8:30 - 9:20 am	HIT Cycle.....	Julie S.	C
9:00 - 10:00 am	Pilates Mat.....	Hayley S.	4
9:15 - 10:15 am	Power Step.....	Jody B.	2
9:30 - 10:20 am	HIT Cycle.....	Julie S.	C
10:00 - 11:15 am	Yoga (Mult-Level).....	Kali O.	4
10:30 - 11:30 am	BODYPUMP.....	Jason P.	2
11:45 - 12:15 pm	SPRINT.....	Jason P.	C
11:30 - 12:30 pm	Vinyasa Flow Yoga.....	Kathy P.	4
12:00 - 1:00 pm	Zumba.....	Sarah S.	2
12:45 - 1:45 pm	Pilates Fusion.....	Kimber W.	4

## Sunday

8:30 - 9:30 am	Pilates Mat.....	Penny S.	4
9:00 - 9:30 am	Les Mills CORE.....	Paul R.	2
9:30 - 10:30 am	BODYPUMP.....	Paul R.	2
10:00 - 10:50 am	HIT Cycle.....	Katy A.	C
10:00 - 11:00 am	Hatha Yoga.....	Erin H.	4
10:45 - 11:45 am	Studio Strength.....	Michaela M.	2
11:15 - 12:15pm	Pilates Mat.....	Madaleine C.	4
12:00 - 1:00 pm	Boxing Challenge.....	Megha K.	2
2:00 - 3:00 pm	Hip Hop Funk / Funk.....	Viola E.	2