



# Group Fitness Schedule

Effective June 1, 2021

TIME CLASS INSTRUCTOR / STUDIO

TIME CLASS INSTRUCTOR / STUDIO

## Monday

12:00 - 12:50 pm	Studio Cycle .....	Jennifer T. <b>C</b>
5:00 - 6:00 pm	Ballet Burn .....	Therese C. <b>1</b>
5:30 - 6:30 pm	SPRINT .....	Alexis A. <b>C</b>
6:30 - 7:30 pm	BODYPUMP .....	Cheryl N. <b>2</b>
6:30 - 7:30 pm	Yoga (Multi-Level) .....	Heather H. <b>3</b>

## Friday

9:30 - 10:20 am	Studio Cycle .....	Raquel F. <b>C</b>
11:30 - 12:15 pm	HIIT + Hard Core .....	Stephanie F. <b>2</b>
12:00 - 1:00 pm	Ballet Burn .....	Jen W. <b>1</b>

## Tuesday

6:00 - 7:00 am	BODYPUMP .....	Amy S. <b>2</b>
12:00 - 12:45 pm	HIIT + Hard Core .....	Stephanie F. <b>2</b>
5:00 - 5:45 pm	Total Body Training Express .....	Jennifer T. <b>2</b>
6:00 - 6:50 pm	Studio Cycle .....	Jennifer T. <b>C</b>

## Saturday

8:00 - 9:00 am	BODYPUMP .....	Carlye W. <b>2</b>
9:15 - 9:45 am	Les Mills CORE .....	Carlye W. <b>2</b>
9:30 - 10:30 am	Yoga Multi-Level .....	Brittney Z. <b>3</b>
10:00 - 10:50 am	Studio Cycle .....	Alyssa O. <b>C</b>

## Wednesday

9:30 - 10:30 am	Vinyasa Flow Yoga .....	Samantha G. <b>3</b>
5:30 - 6:00 pm	GRIT Strength .....	Cheryl N. <b>2</b>
6:15 - 6:45 pm	Les Mills CORE .....	Cheryl N. <b>2</b>
7:00 - 8:00 pm	BODYPUMP .....	Paul R. <b>2</b>

## Sunday

9:00 - 9:50 am	Studio Cycle .....	Katie B. <b>C</b>
10:00 - 11:00 am	BODYPUMP .....	Katie B. <b>2</b>
4:30 - 5:30 pm	Yoga (Multi-Level) .....	Caroline B. <b>3</b>

**1 = Studio 1 (1st Floor)**      **3 = Studio 3 (3rd Floor)**  
**2 = Studio 2 (2nd Floor)**      **C = Cycle Studio**

## Thursday

6:00 - 7:00 am	BODYPUMP .....	Amy S. <b>2</b>
12:00 - 1:00 pm	Barre .....	Therese C. <b>1</b>
5:30 - 6:20 pm	Studio Cycle .....	Alexis A. <b>C</b>
6:15 - 7:15 pm	BODYPUMP .....	Laura B. <b>2</b>

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