



Group Fitness Schedule

Effective June 1, 2021

TIME CLASS INSTRUCTOR / STUDIO

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Monday

6:00 - 7:00 am	Yoga (Multi-Level)	Maggie C. 1
9:30 - 10:30 am	BURN	Julie S. C
5:00 - 6:00 pm	BODYPUMP	Joey H. 2
5:30 - 6:20 pm	Studio Cycle	Peter M. C

Friday

6:00 - 6:50 am	Studio Cycle	Julie S. C
9:00 - 9:45 am	Ballet Burn	Therese C. 2
9:30 - 10:20 am	Studio Cycle	Katie D. C
10:00 - 11:00 am	Stretch	Steve W. 1
11:00 - 12:00 pm	Aqua Movement	Steve W. P
12:00 - 1:00 pm	BODYPUMP	Amy S. 2

Tuesday

6:00 - 7:00 am	BODYPUMP	Therese C. 2
9:00 - 10:00 am	Yoga Sculpt	Therese C. 1
10:00 - 10:45 am	HIIT + Hard Core	Kaitlyn F. 2
5:00 - 5:45 pm	BODYATTACK Express	Erika S. 2
6:00 - 6:50 pm	Studio Cycle	Katie D. C

Saturday

8:00 - 8:50 am	Studio Cycle	Julie S. C
8:15 - 9:15 am	BODYPUMP	Alyssa O. 2
9:30 - 10:30 am	Pilates Mat	Penny S. 1
10:00 - 11:00 am	Hip Hop/Funk	Viola E. 2

Wednesday

6:00 - 6:50 am	Studio Cycle	Andrew L. C
6:00 - 7:00 am	Sports Training	Julie S. 2
12:00 - 1:00 pm	Ballet Burn	Alberto A. 2
5:00 - 6:00 pm	BODYPUMP	Katie D. 2
5:00 - 6:00 pm	BURN	Kaitlyn F. C
6:15 - 7:30 pm	Vinyasa Flow Yoga	Erica M. 1

Sunday

8:30 - 9:30 am	Yoga Sculpt	Scott Z. 1
9:00 - 10:00 am	Sports Training	Julie S. 2
10:15 - 11:15 am	BODYPUMP	Sam A. 2
11:00 - 12:00 pm	Vinyasa Flow Yoga	Brittany Z. 1

C = Cycle Studio

P = Pool

1 = Studio 1

2 = Studio 2

Thursday

6:00 - 7:00 am	BODYPUMP	John N. 2
7:00 - 8:00 am	Vinyasa Flow Yoga	Bradshaw W. 1
9:00 - 9:30 am	Abs & Arms	Katie D. 2
9:45 - 10:30 am	Total Body Training	Katie D. 2
5:30 - 6:20 pm	Studio Cycle	Carson S. C
5:30 - 6:30 pm	BODYPUMP	Sam A. 2
6:45 - 7:30 pm	HIIT + Hard Core	Melinda M. 2

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