



# Group Fitness Schedule

Effective June 1, 2021

TIME CLASS INSTRUCTOR / STUDIO

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## Monday

12:00 - 1:00 pm	Vinyasa Flow Yoga.....	Samantha G. 2
5:00 - 5:30 pm	HIIT .....	Stephanie F. 1
5:30 - 6:30 pm	Pilates Mat .....	Penny S. 2
5:45 - 6:30 pm	BODYCOMBAT Express .....	Jojo Y. 1
6:45 - 7:45 pm	BODYJAM .....	Jojo Y. 1

## Friday

6:30 - 7:00 am	SPRINT .....	Alexis A. C
12:00 - 1:00 pm	Vinyasa Flow yoga.....	Caroline B. 2

## Tuesday

6:30 - 7:00 am	SPRINT .....	Jen P. C
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

## Sunday

9:30 - 10:20 am	Studio Cycle .....	John N. C
10:30 - 11:30 pm	BODYPUMP .....	John N. 1

## Wednesday

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

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

## Thursday

5:00 - 6:00 pm	BODYPUMP .....	Katie B. 1
5:30 - 6:30 pm	Yoga Multi Level.....	Caroline B. 2
6:00 - 6:30 pm	SPRINT .....	Jen P. C
6:15 - 7:15 pm	BODYJAM .....	Katie B. 1

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