



Group Fitness Schedule

Effective July 1, 2026

TIME	CLASS	INSTRUCTOR / STUDIO
Monday		
7:00 - 8:00 am	BURN.....	Mackenzie C. B
9:30 - 10:30 am	Ballet Burn.....	Michaela V. 1
11:00 - 12:00 pm	BODYPUMP.....	Luis S. 1
11:00 - 12:00 pm	Pilates Fusion.....	Ashley S. 2
12:00 - 12:45 pm	HIIT + Hard Core.....	Kat F. 1
12:00 - 1:00 pm	Vinyasa Flow Yoga.....	Ashley S. 2
5:00 - 5:30 pm	HIIT	Fran B. 1
5:30 - 6:30 pm	Pilates Mat.....	Penny S. 2
5:45 - 6:30 pm	BODYCOMBAT Express.....	Jojo Y. 1
5:45 - 6:35 pm	HIT Cycle	Jen P. C
6:45 - 7:45 pm	Yoga Sculpt.....	Beth M. 2
7:00 - 8:00 pm	Zumba	Sarah S. 1

Tuesday		
6:00 - 7:00 am	BODYPUMP.....	Ted R. 1
7:00 - 7:30am	SPRINT.....	Jen P. C
9:30 - 10:30 am	Yoga Sculpt.....	Carol S. 2
12:00 - 1:00 pm	BODYPUMP.....	Juanita G. 1
12:00 - 1:00 pm	Vinyasa Flow Yoga.....	Nikki T. 2
5:15 - 6:00 pm	BODYPUMP Express.....	AJ C. 1
5:30 - 6:20 pm	HIT Cycle.....	Kat F. C
5:45 - 7:00 pm	Yoga (Multi-Level).....	Erin A. 2
6:15 - 7:00 pm	Les Mills CORE.....	Yessenia A. 1
6:30 - 7:30 pm	BURN.....	Kat F. B

Wednesday		
7:00 - 8:00 am	Yoga (Multi-Level).....	Laura D. 2
12:00 - 1:00 pm	BODYPUMP.....	Ted R. 1
12:00 - 1:00 pm	Yoga Sculpt.....	Laura D. 2
5:00 - 6:00 pm	Vinyasa Flow Yoga.....	Erin A. 2
5:00 - 6:00 pm	BURN.....	Katie M. B
5:15 - 6:15 pm	BODYPUMP.....	Hannah C. 1
6:30 - 7:15 pm	BODYCOMBAT Express.....	Michael C. 1
6:30 - 7:30 pm	Yoga Sculpt.....	Caitlin M. 2

TIME	CLASS	INSTRUCTOR / STUDIO
Thursday		
7:00 - 8:00 am	BURN.....	Mackenzie C. B
11:00 - 12:00 pm	BURN.....	Katie M. B
12:00 - 1:00 pm	Vinyasa Flow Yoga.....	Laura D. 2
4:00 - 5:00 pm	Pilates Fusion.....	Kat F. 2
5:00 - 6:00 pm	BURN.....	Kat F. C
5:00 - 6:00 pm	BODYPUMP	KB 1
5:30 - 6:30 pm	Yoga (Multi Level)	Beth M. 2
6:15 - 7:15 pm	BODYJAM	KB 1

Friday		
7:00 - 8:00 am	BURN	Julie S. B
9:00 - 10:00 am	Pilates Mat	Penny S. 2
11:00 - 12:00 pm	Pilates Fusion.....	Ashley S. 2
12:00 - 1:00 pm	Vinyasa Flow Yoga.....	Ashley S. 2
12:00 - 1:00 pm	BURN.	Katie M. B
4:00 - 5:00 pm	BODYPUMP.....	Jeff G. 1

Saturday		
9:00 - 9:50 am	HIT Cycle	Donna P. C
9:00 - 10:00 am	Pilates Mat	Aleta Z. 2
9:30 - 10:30 am	BODYPUMP	Hannah C. 1
10:45 - 11:45 am	BODYCOMBAT.....	Hannah C. 1
12:00 - 1:00 pm	BODYPUMP Heavy.....	Anastasia G. 1

Sunday		
9:00 - 9:50 am	HIT Cycle	John N. C
10:00 - 11:00 am	BODYPUMP	John N. 1
10:00 - 11:00 am	Vinyasa Flow Yoga.....	Laura D. 2
10:30 - 11:30 am	BURN.....	Kathryn M. B
11:15 - 12:15 pm	Vinyasa Flow Yoga	Renee K. 2

C = Cycle Studio B = BURN Studio 1 = Studio 1 2 = Studio 2

Schedules subject to change. Please refer to CAC app for updated classes.