



Group Fitness Schedule

Effective August 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 YogaKathy 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 (Multi-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 Fusion Paul R. 4

Wednesday

6:00 - 6:45 am	CEREMONY HYROX..... Jen P. 2
6:00 - 7:00 am	Pilates Mat..... Dana R. 4
6:30 - 7:00 am	SPRINT Jamey D. C
7:15 - 8:15 am	Studio Strength..... Shannon K. 2
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
4:00 - 4:45 pm	HIIT + Hard Core..... Michaela M. 2
5:00 - 6:00 pm	BODYPUMP Jason P. 2
5:15 - 6:05 pm	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 - 6:00 pm	CEREMONYHYROX..... Jason P. 2
5:30 - 6:20 pm	HIT Cycle..... James S. C
5:45 - 6:45 pm	Yoga (Multi-Level)..... Erin H. 4
6:00 - 6:30 pm	Les Mills CORE..... Jason P. 2
6:45 - 7:45 pm	BODYPUMP Paul R. 2
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..... Jane R. 4
7:00 - 7:30 am	SPRINT Jamey D. C
7:15 - 8:15 am	Studio Strength..... Jess S. 2
8:00 - 9:00 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 (Multi-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	BODYATTACK Express..... 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
9:00 - 10:00 am	Power Step..... Jody B. 2
9:30 - 10:20 am	HIT Cycle Julie S. C
10:00 - 11:15 am	Yoga (Multi-Level)..... Kali O. 4
10:00 - 11:00 am	BODYPUMP Jason P. 2
11:15 - 12:00 pm	CEREMONY HYROX..... Jason P. 2
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 - 12:15 pm	Pilates Mat..... Madaleine C. 4
12:00 - 12:45 pm	CEREMONY HYROX..... Michaela M. 2
1:00 - 2:00 pm	Boxing Challenge Megha K.. 2
2:00 - 3:00 pm	Hip Hop Funk / Funk Viola E. 2