



Group Fitness Schedule

Effective August 1, 2026

TIME CLASS INSTRUCTOR / STUDIO

Monday

10:00 - 11:00 am	Pilates Fusion.....	Kat F. 2
11:30 - 12:00 pm	Abs & Arms.....	Jody B. 1
12:00 - 12:45 pm	Total Body Training.....	Jody B. 1
5:30 - 6:45 pm	Vinyasa Flow Yoga	Laura D. 2
6:00 - 6:45 pm	Total Body Training.....	Wayne C. 1
6:45 - 7:15 pm	Abs & Arms.....	Wayne C. 1
6:45 - 7:45 pm	Barre.....	Michaela V. 2
7:15 - 8:00 pm	HIIT + Hard Core.....	Wayne C. 1

Tuesday

6:00 - 7:00 am	BODYPUMP	Cynthia D. 1
9:30 - 10:15 am	Studio Strength	Traci C. 1
10:30 - 11:30 am	BODYPUMP	Ted R. 1
12:00 - 12:30 pm	Row360	Julie S. R
12:30 - 1:00 pm	Tread & Shred	Julie S. CF
5:30 - 6:15 pm	CEREMONY HYROX.....	Mackenzie C. 1
5:30 - 6:20 pm	HIT Cycle	Donna P. C
6:00 - 7:00 pm	Pilates Mat	Penny S. 2
6:30 - 7:30 pm	BODYPUMP	Carli K. 1

Wednesday

6:00 - 6:50 am	HIT Cycle.....	Stacey H C
9:30 - 10:30 am	Barre Burn	Mindy G. 2
12:00 - 1:00 pm	Pilates Fusion.....	Kat F. 2
1:00 - 2:00 pm	Yoga Sculpt.....	Kat F. 2
5:00 - 5:50 pm	HIT Cycle.....	Traci C. C
5:00 - 5:30 pm	Hard Core	Laura D. 1
5:30 - 6:30 pm	Vinyasa Flow Yoga	Laura D. 2
6:00 - 6:30 pm	Row 360.....	Traci C. R
6:00 - 7:00 pm	Boxing Challenge	Frank R. 1
6:45 - 7:45 pm	Yoga Sculpt.....	Julia B. 2

TIME CLASS INSTRUCTOR / STUDIO

Thursday

6:00 - 7:00 am	BODYPUMP	Joey H. 1
10:15 - 11:15 am	Pilates Fusion.....	Kat F. 2
11:00 - 11:55 am	Aqua TBT.....	Penny S. P
12:00 - 12:45 am	Row360	Julie S. R
5:00 - 6:00 pm	BODYPUMP	Therese C. 1
5:30 - 6:30 pm	Yoga (Multi-Level).....	Becky R. 2
6:15 - 7:00 pm	Total Body Training.....	Wayne C. 1
6:45 - 7:45 pm	Barre	Michaela V. 2
7:00 - 7:30 pm	Abs & Arms.....	Wayne C. 1

Friday

9:30 - 10:20 am	HIT Cycle	Traci C. C
10:00 - 10:30 am	Row360	Julie S. R
10:30 - 11:15 am	Studio Strength.....	Traci C. 1
10:30 - 11:00 am	Tread + Shred	Julie S. CF
11:30 - 12:30pm	BODYPUMP	Juanita G. 1
12:00 - 1:00 pm	Pilates Mat.....	Penny S. 2

Saturday

8:00 - 9:00 am	Yoga Sculpt	Scott Z. 2
8:30 - 9:15 am	CEREMONY HYROX.....	Paul R. 1
9:00 - 9:50 am	HIT Cycle	Torrie M. C
9:30 - 10:00 am	Les Mills CORE.....	David R. 1
10:00 - 11:00 am	BODYPUMP	David R. 1
10:30 - 11:15 am	Tread & Shred	Olivia B. CF
11:15 - 12:15 pm	Boxing Challenge	Frank R. 1

Sunday

9:00 - 10:00 am	BODYPUMP	Cynthia D. 1
9:30 - 10:20 am	HIT Cycle	Traci C. C
10:00 - 11:00 am	Barre.....	Aleta Z. 2
10:30 - 11:00 am	Row 360.....	Traci C. R
11:00 - 12:00 pm	Zumba	Cedric T. 1
11:15 - 12:15 pm	Pilates Mat	Aleta Z. 2

1 = Studio 1

R = Row Studio

P = Pool

2 = Studio 2

C = Cycle Studio

CF = Cardio Floor