



# Group Fitness Schedule

Effective August 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    |
| 12:15 - 1:00 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       |
| 8:00 - 8:45 am  | CEREMONY HYROX.....     | Mackenzie C. 1 |
| 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 | Yoga Sculpt .....      | Adam G. 2    |
| 11:30 - 12:15 pm | CEREMONY HYROX.....    | Reyna S. 1   |

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

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