



Group Fitness Schedule

Effective August 30, 2021

TIME CLASS INSTRUCTOR / STUDIO

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Monday

9:30 - 10:30 am	Vinyasa Flow Yoga.....Kali O.	3
12:00 - 12:50 pm	Studio Cycle.....Jennifer T.	C
5:00 - 6:00 pm	Ballet Burn.....Therese C.	1
5:30 - 6:30 pm	SPRINT.....Alexis A.	C
6:30 - 7:30 pm	BODYPUMP.....Cheryl N.	2
6:30 - 7:30 pm	Yoga (Multi-Level).....Heather H.	3

Friday

9:30 - 10:20 am	Studio Cycle.....Raquel F.	C
11:30 - 12:15 pm	HIIT + Hard Core.....Stephanie F.	2
12:00 - 1:00 pm	Ballet Burn.....Jen W.	1
12:30 - 1:30 pm	Yoga Sculpt.....Laura D.	3

Tuesday

6:00 - 7:00 am	BODYPUMP.....Amy S.	2
12:00 - 12:45 pm	HIIT + Hard Core.....Stephanie F.	2
5:00 - 5:45 pm	Total Body Training Express.....Jennifer T.	2
6:00 - 6:50 pm	Studio Cycle.....Jennifer T.	C

Saturday

8:30 - 9:30 am	BODYPUMP.....Carlye W.	2
9:30 - 10:30 am	Yoga (Multi-level).....Brittany Z.	3
9:45 - 10:15 am	Les Mills CORE.....Carlye W.	2
10:00 - 10:50 am	Studio Cycle.....Alyssa O.	C

Wednesday

9:30 - 10:30 am	Vinyasa Flow Yoga.....Samantha G.	3
5:00 - 6:00 pm	BARRE Burn.....Jen W.	1
5:30 - 6:00 pm	GRIT Strength.....Cheryl N.	2
6:15 - 6:45 pm	Les Mills CORE.....Cheryl N.	2
7:00 - 8:00 pm	BODYPUMP.....Paul R.	2

Sunday

9:00 - 9:50 am	Studio Cycle.....Katie B.	C
10:00 - 11:00 am	BODYPUMP.....Katie B.	2
4:30 - 5:30 pm	Yoga (Multi-Level).....Caroline B.	3

Thursday

6:00 - 7:00 am	BODYPUMP.....Amy S.	2
9:00 - 10:00 am	Pilates Mat.....Penny S.	3
12:00 - 1:00 pm	Barre.....Therese C.	1
5:00 - 6:00 pm	Yoga (Multi-Level).....Kali O.	3
5:30 - 6:20 pm	Studio Cycle.....Alexis A.	C
6:15 - 7:15 pm	BODYPUMP.....Laura B.	2

1 = Studio 1 (1st Floor) 3 = Studio 3 (3rd Floor)
 2 = Studio 2 (2nd Floor) C = Cycle Studio

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