



Group Fitness Schedule

Effective August 30, 2021

TIME CLASS INSTRUCTOR / STUDIO

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Monday

| | | |
|------------------|------------------------|---------------------|
| 6:00 - 6:50 am | Studio Cycle | Julie S. C |
| 12:00 - 12:45 pm | HIIT + Hard Core..... | Jody B. 1 |
| 5:00 - 5:30 pm | GRIT Cardio | Breanne L. 1 |
| 5:30 - 6:30 pm | Vinyasa Flow Yoga..... | Laura D. 2 |
| 5:45 - 6:45 pm | BODYPUMP | Kelsee W. 1 |

Friday

| | | |
|------------------|--------------------------|----------------------|
| 9:30 - 10:20 am | Studio Cycle | Traci C. C |
| 10:30 - 11:00 am | Row360 | Julie S. R |
| 11:00 - 12:00 pm | BODYPUMP | Kelsee W. 1 |
| 12:00 - 1:00 pm | Yoga (Multi-Level) | Brittany Z. 2 |

Tuesday

| | | |
|------------------|--------------------------|---------------------|
| 6:00 - 6:45 am | Total Body Training..... | Rico B. 1 |
| 10:30 - 11:30 am | BODYPUMP | Katie D. 1 |
| 12:00 - 12:30 pm | Row360 | Julie S. R |
| 5:15 - 5:45 pm | Row360 | Alexis A. R |
| 5:30 - 6:20 pm | Studio Cycle | Breanne L. C |
| 6:00 - 7:00 pm | BODYPUMP | Susan B. 1 |
| 6:00 - 7:00 pm | Pilates Mat | Penny S. 2 |

Saturday

| | | |
|-----------------|---------------------|-------------------|
| 8:00 - 9:00 am | Yoga Sculpt | Scott Z. 2 |
| 8:30 - 9:00 am | Les Mills CORE..... | Amy S. 1 |
| 9:15 - 9:45 am | SPRINT | Amy S. C |
| 9:45 - 10:45 am | BODYPUMP | David R. 1 |

Wednesday

| | | |
|------------------|--------------------------|-----------------------|
| 6:00 - 6:50 am | Studio Cycle | Stacey H. C |
| 12:00 - 12:30 pm | SPRINT | Carlye W. C |
| 5:00 - 5:30 pm | HIIT | Stephanie F. 1 |
| 5:30 - 6:30 pm | Vinyasa Flow Yoga..... | Laura D. 2 |
| 5:45 - 6:45 pm | Total Body Training..... | Stephanie F. 1 |
| 7:00 - 8:00 pm | Boxing Challenge | Frank R. 1 |

Sunday

| | | |
|------------------|--------------------------|-------------------|
| 8:45 - 9:45 am | Yoga (Multi-Level) | Jen W. 2 |
| 9:00 - 10:00 am | BODYPUMP | Erika S. 1 |
| 9:30 - 10:20 am | Studio Cycle..... | Traci C. C |
| 10:00 - 11:00 am | Barre | Jen W. 2 |

1 = Studio 1 **R = Row Studio** **P = Pool**
2 = Studio 2 **C = Cycle Studio**

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

Thursday

| | | |
|------------------|----------------|---------------------|
| 6:00 - 7:00 am | BODYPUMP | Rico B. 1 |
| 11:00 - 12:00 pm | Aqua TBT..... | Penny S. P |
| 12:00 - 12:45 am | Row360 | Julie S. R |
| 12:00 - 1:00 pm | Zumba..... | Alberto A. 1 |
| 5:30 - 6:00 pm | SPRINT | Jamey D. C |
| 6:15 - 7:15 pm | BODYPUMP | Jamey D. 1 |