



# Group Fitness Schedule

Effective October 5, 2021

TIME CLASS INSTRUCTOR / STUDIO

TIME CLASS INSTRUCTOR / STUDIO

## Monday

9:15 - 10:15 am	Ballet Burn .....	Raquel F. 1
9:30 - 10:20 am	Studio Cycle .....	Paul R. C
10:30 - 11:30 am	Yoga (Multi-Level) .....	Erica M. 2
12:00 - 1:00 pm	Aqua TBT .....	Lisa H. P
5:00 - 6:00 pm	Pilates Mat .....	Hayley R. 2
5:30 - 6:30 pm	BODYPUMP .....	Susan B. 1
6:00 - 6:30 pm	SPRINT .....	Jason P. C
6:45 - 7:15 pm	Les Mills CORE .....	Jason P. 1

## Friday

6:00 - 6:50 am	Studio Cycle .....	Paul R. C
7:15 - 8:15 am	Yoga Sculpt .....	Meghan G. 2
9:00 - 10:00 am	Yoga (Multi-Level) .....	Kali O. 2
9:30 - 10:30 am	Studio Cycle .....	Jennifer T. C
10:00 - 11:00 am	Aqua TBT .....	Lisa H. P
10:30 - 11:30 am	BODYPUMP .....	Jennifer T. 1
5:00 - 5:30 pm	HIIT .....	Lisa H. 1
5:45 - 6:15 pm	Hard Core .....	Lisa H. 1

## Tuesday

6:00 - 7:00 am	BODYPUMP .....	Jamey D. 1
7:15 - 7:45 am	SPRINT .....	Jamey D. C
10:30 - 11:30 am	Yoga Sculpt .....	Raquel F. 2
12:00 - 1:00 pm	Ashtanga Power Yoga .....	Mary K. 2
5:30 - 6:30 pm	Yoga Multi-Level .....	Brittney Z. 2
5:45 - 6:30 pm	BODYCOMBAT Express .....	Jojo Y. 1
6:00 - 6:50 pm	Studio Cycle .....	Rico B. C
6:45 - 7:45 pm	BODYPUMP .....	Nikki S. 1

## Saturday

9:00 - 9:50 am	Studio Cycle .....	Michel F. C
9:30 - 10:00 am	GRIT Strength .....	Jojo Y. 1
10:15 - 11:15 am	BODYJAM .....	Nikki S. 1
11:15 - 12:15 pm	Vinyasa Flow Yoga .....	Ken C. 2
11:30 - 12:30 pm	BODYPUMP .....	Jamey D. 1

## Wednesday

8:15 - 9:00 am	BODYPUMP Express .....	Nikki S. 1
9:15 - 9:45 am	SPRINT .....	Nikki S. C
12:00 - 1:00 pm	Aqua TBT .....	Lisa H. P
12:00 - 1:00 pm	Yoga (Multi-Level) .....	Kali O. 2
5:00 - 5:45 pm	BODYPUMP Express .....	Jennifer T. 1
6:00 - 6:30 pm	Les Mills CORE .....	Jennifer T. 1
6:00 - 7:15 pm	Yoga (Multi-Level) .....	Mary K. 2

## Sunday

9:30 - 10:30 am	BODYPUMP .....	Hannah C. 1
10:45 - 11:45 am	BODYCOMBAT .....	Hannah C. 1
12:00 - 1:00 pm	Yoga (Multi-Level) .....	Ken C. 2
2:00 - 3:00 pm	Pilates Mat .....	Hayley R. 2
4:00 - 5:30 pm	Yin Yoga .....	Ken C. 2

1 = Studio 1      C = Cycle Studio  
 2 = Studio 2      P = Pool

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

## Thursday

9:30 - 10:00 am	SPRINT .....	Jennifer T. C
10:15 - 10:45 pm	Les Mills CORE .....	Jennifer T. 1
10:30 - 11:30 am	Yoga (Multi-Level) .....	Erica M. 2
12:00 - 1:30 pm	Vinyasa Flow Yoga .....	Erica M. 2
5:30 - 6:30 pm	Studio Strength .....	Lisa H. 1