



Group Fitness Schedule

Effective October 1st, 2025

Monday

6:00 - 7:00 am	Yoga (Multi-Level).....Samantha G.	1
6:30 - 7:15 am	BODYPUMP Express	Hayley R. 2
7:00 - 7:50 am	HIT Cycle	Fran B. C
9:30 - 10:30 am	BURN.....	Julie S. C
10:30 - 11:00 am	Les Mills CORE.....	Jennifer T. 2
12:00 - 12:45 pm	Tread & Shred.....	Jess S. CF
12:00 - 1:00 pm	Yoga (Multi-Level).....	Laura D. 1
4:30 - 5:30 pm	BURN.....	Peter M. C
5:30 - 6:30 pm	BODYPUMP.....	Joey H. 2
5:30 - 6:20 pm	HIT Cycle.....	Peter M. C
5:30 - 6:30 pm	Pilates Fusion.....	Lily G. 1
6:30 - 7:00 pm	HIT Cycle Express.....	Peter M. C
6:30 - 7:45 pm	Vinyasa Flow Yoga	Kali O. 1
7:30 - 8:30 pm	BURN.....	Vanessa V. C

Tuesday

6:00 - 7:00 am	BODYPUMP	Therese C. 2
6:00 - 7:00 am	BURN.....	Kristin K. C
7:00 - 8:00 am	Vinyasa Flow Yoga	Mary H. 1
9:00 - 10:00 am	Yoga Sculpt	Therese C. 1
10:00 - 10:45 am	HIIT + Hard Core.....	Tanner B. 2
10:30 - 11:30 am	Stretch.....	Vanessa V. 1
12:00 - 1:00 pm	Pilates Mat	Erin H. 1
5:00 - 5:45 pm	BODYPUMP Express.....	Paul R. 2
5:00 - 6:00 pm	Yoga (Multi-Level).....	Erin H. 1
6:00 - 7:00 pm	Boxing Challenge	Tony H. 2
6:30 - 7:30 pm	Vinyasa Flow Yoga.....	Mary H. 1
7:00 - 8:00 pm	BURN.....	Ann Z. C

Wednesday

6:00 - 6:50 am	HIT Cycle	Jamie R. C
6:00 - 7:00 am	Sports Training.....	Julie S. 2
7:00 - 8:00 am	BURN.....	Jamie R. C
9:00 - 10:00 am	Stretch	Steve W. 1
9:30 - 10:30 am	BURN.....	Julie S. C
10:00 - 10:55 am	Aqua Movement	Steve W. P
12:00 - 1:00 pm	Pilates Mat.	Erin H. 1
12:00 - 12:45 pm	Tread & Shred	Julie S. CF
4:00 - 4:45 pm	Total Body Training.....	George A. 2
5:00 - 6:00 pm	BODYPUMP	Meg S. 2
5:00 - 6:00 pm	BURN.....	Peter M. C
5:00 - 6:00 pm	Yoga (Multi-Level).....	Erica M. 1
6:00 - 6:30 pm	HIIT	Jess S. 2
6:15 - 7:30 pm	Vinyasa Flow Yoga	Erica M. 1
6:30 - 7:20 pm	HIT Cycle	Andrew L. C
6:45 - 7:45 pm	Zumba	TBD 2

Thursday

6:00 - 7:00 am	BODYPUMP	Cedric T. 2
6:00 - 7:00 am	BURN.....	Peter M. C
7:00 - 8:00 am	Vinyasa Flow Yoga.....	Abbey L. 1
9:00 - 9:30 am	Abs & Arms.....	Jody B. 2
9:30 - 10:15 am	Total Body Training.....	Jody B. 2
12:00 - 1:00 pm	Pilates Mat.....	Sterling L. 1
12:00 - 1:00 pm	BURN.....	Kristin K. C
1:30 - 2:30 pm	Vinyasa Flow Yoga	Laura D. 1
4:30 - 5:30 pm	BURN.....	Kristin K. C
5:30 - 6:20 pm	HIT Cycle	Mereya R. C
5:30 - 6:25 pm	Aqua Movement	Stephanie H. P
5:30 - 6:30 pm	BODYPUMP	Chelsea S. 2
6:00 - 7:00 pm	Pilates Mat	Kurt M. 1
6:30 - 7:00 pm	Les Mills CORE.....	Chelsea S. 2
6:30 - 7:30 pm	BURN.....	Krisitn K. C

Friday

6:00 - 7:00 am	Yoga (Multi-Level).....	Kiara G. 1
6:00 - 7:00 am	BURN.....	Vanessa V. C
8:00 - 9:00 am	Pilates Mat	Therese C. 1
9:00 - 9:45 am	Ballet Burn	Therese C. 2
10:00 - 10:45 am	HIIT + Hardcore.....	Jody B. 2
10:00 - 11:00 am	Stretch	Samantha G. 1
11:00 - 11:55 am	Aqua Movement	Samantha G. P
12:00 - 1:00 pm	BODYPUMP	John N. 2
12:00 - 1:00 pm	Vinyasa Flow Yoga	Erica M. 1

Saturday

8:00 - 9:00 am	BODYPUMP	Sophia L. 2
9:00 - 9:50 am	HIT Cycle	Erica S. C
9:30 - 10:30 am	Pilates Mat	Penny S. 1
10:30 - 11:30 am	Hip Hop/Funk.....	Viola E. 2
10:30 - 11:30 am	BURN.....	Andrew L. C
11:00 - 12:00 pm	Vinyasa Flow Yoga	Alejandro J. 1

Sunday

8:00 - 8:50 am	HIT Cycle.....	Julie S. C
8:00 - 8:45 am	Studio Strength.....	Alex E. 2
9:00 - 10:00 am	Sports Training.....	Julie S. 2
9:00 - 9:45 am	Stretch.....	Alex E. 1
10:00 - 11:00 am	BURN.....	Kristin K. C
10:00 - 10:45 am	Tread & Shred.....	Alex E. CF
10:00 - 10:55 am	Aqua TBT.....	Stephanie H. P
10:15 - 11:15 am	BODYPUMP.....	Jennifer T. 2
11:00 - 12:00 pm	Vinyasa Flow Yoga.....	Mary H. 1
11:15 - 11:45 am	Les Mills CORE.....	Jennifer T. 2
1:00 - 2:00 pm	Pilates Mat.....	Kurt M. 1