



Group Fitness Schedule

Effective October 1st, 2025

TIME CLASS INSTRUCTOR / STUDIO

Monday

8:15 - 9:00 am	Body Attack Express.....	Nikki S. 1
9:15 - 10:15 am	Ballet Burn.....	Kristin K. 1
9:30 - 10:20 am	HIT Cycle.....	Paul R. C
10:30 - 11:30 am	Yoga (Multi-Level).....	Erica M. 2
10:45 - 11:45am	Studio Strength.....	Alex E. 1
11:45 - 12:45 pm	Vinyasa Flow Yoga.....	Erica M. 2
12:00 - 12:45 pm	Tread & Shred.....	Alex E. CF
12:00 - 12:55pm	Aqua TBT.....	Lisa H. P
1:00 - 1:45 pm	Stretch.....	Alex E. 2
5:00 - 6:00 pm	Pilates Mat.....	Hayley R. 2
5:30 - 6:30 pm	BODYPUMP.....	Kate K. 1
6:00 - 6:30 pm	SPRINT.....	Jason P. C
6:15 - 7:15 pm	Yoga (Multi-Level).....	Samantha G. 2
6:45 - 7:15 pm	Les Mills CORE.....	Kate K. 1

Tuesday

6:00 - 7:00 am	BODYPUMP.....	Jamey D. 1
7:15 - 7:45 am	SPRINT.....	Jamey D. C
8:00 - 9:00 am	Total Body Training.....	Jennifer T. 1
9:30 - 10:30 am	Studio Strength.....	Lisa H. 1
5:00 - 6:00 pm	Yoga (Multi-Level).....	Kathleen M. 2
5:45 - 6:30 pm	BODYCOMBAT Express.....	Jojo Y. 1
6:00 - 6:50 pm	HIT Cycle.....	Jonathon S. C
6:00 - 6:55 pm	Aqua TBT.....	Lisa H. P
6:15 - 7:15 pm	Vinyasa Flow Yoga.....	Kathleen M. 2
6:45 - 7:45 pm	BODYPUMP.....	Nikki S. 1

Wednesday

6:00 - 6:50 am	HIT Cycle.....	Chelsea S. C
8:15 - 9:00 am	BODYPUMP Express.....	Nikki S. 1
9:15 - 9:45 am	SPRINT.....	Nikki S. C
11:00 - 12:00 pm	Ballet Burn.....	Emily O. 1
12:00 - 12:55 pm	Aqua TBT.....	Lisa H. P
12:00 - 1:00 pm	Yoga (Multi-Level).....	Kali O. 2
4:00 - 5:00 pm	Yoga (Multi-Level).....	Nikki S. 2
5:00 - 5:45 pm	BODYPUMP Express.....	Jennifer T. 1
5:00 - 6:00 pm	Pilates Mat.....	Hayley R. 2
6:00 - 6:30 pm	Les Mills CORE.....	Jennifer T. 1
6:15 - 7:30 pm	Yoga (Multi-Level).....	Kali O. 2
6:45 - 7: 45 pm	BODYJAM.....	Nikki S. 1

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Thursday

6:00 - 7:00 am	Total Body Training.....	Fran B. 1
9:00 - 10:00 am	Ballet Burn.....	Kristin K. 1
9:30 - 10:00 am	SPRINT.....	Jennifer T. C
10:15 - 10:45 am	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
4:00 - 5:00 pm	Yoga (Multi-Level).....	Stephanie S. 2
5:30 - 6:30 pm	Studio Strength.....	Lisa H. 1
6:00 - 6:50pm	HIT Cycle.....	Jen P. C
6:15 - 7:30 pm	Yoga (Multi-Level).....	Kali O. 2
6:45 - 7:45 pm	Boxing Challenge.....	Ardarius B. 1

Friday

6:00 - 6:50 am	HIT Cycle.....	Jamie R. C
9:00 - 10:00 am	Yoga (Multi-Level).....	Kali O. 2
9:30 - 10:20 am	HIT Cycle.....	Jennifer T. C
10:00 - 10:55 am	Aqua TBT.....	Lisa H. P
10:30 - 11:30 am	BODYPUMP.....	Jennifer T. 1
11:45 - 12:30 pm	BODYBALANCE Express.....	Nikki S. 2
5:15 - 5:45 pm	HIIT.....	Lisa H. 1
5:45 - 6:30 pm	Hard Core.....	Lisa H. 1

Saturday

8:15 - 9:15 am	BODYBALANCE.....	Nikki S. 2
9:00 - 9:50 am	HIT Cycle.....	Noel D. C
9:30 - 10:00 am	GRIT Strength.....	Jojo Y. 1
10:00 - 11:00 am	Yoga (Multi-Level).....	Ken C. 2
10:15 - 11:15 am	BODYJAM.....	Nikki S. 1
11:15 - 12:15 pm	Vinyasa Flow Yoga.....	Caroline M. 2
11:30 - 12:30 pm	BODYPUMP.....	Jamey D. 1
12:00 - 12:55 pm	Aqua Movement.....	Stephanie H. P

Sunday

8:30 - 9:15 am	BODYPUMP Express.....	AJ C. 1
8:45 - 9:45 am	Pilates Fusion.....	Sterling L. 2
9:30 - 10:30 am	BODYPUMP.....	Leslie B. 1
10:00 - 11:00 am	Vinyasa Flow Yoga.....	Renni P. 2
10:45 - 11:45 am	BODYCOMBAT.....	Leslie B. 1
12:00 - 1:00 pm	Yoga (Multi-Level).....	Ken C. 2
12:00 - 1:00 pm	Boxing Challenge.....	Ardarius B. 1
1:00 - 1:50 pm	HIT Cycle.....	Fran B. C
3:00 - 4:30 pm	Yin Yoga.....	Ken C. 2

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

Schedules subject to change. Please refer to the CAC app for updates.