



# Group Fitness Schedule

Effective November 1st, 2022

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Monday</b>		
6:00 - 7:00 am	BODYPUMP	Jennifer T. 4
9:15 - 10:05 am	Studio Cycle	Lynn K. C
10:00 - 11:00 am	Aqua Movement	Penny S. P
10:15 - 10:45 am	BODYPUMP Express	Lynn K. 4
11:00 - 12:00 pm	Functional Strength 10 Stretch	Robin G. 4
12:00 - 1:00 pm	Vinyasa Flow Yoga	Ken C. 2
5:30 - 6:00 pm	SPRINT	Cecelia W. C
6:30 - 7:30 pm	Hip Hop/Funk	Viola E. 4

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Friday</b>		
6:00 - 7:00 am	BODYPUMP	Laura B. 4
9:30 - 10:20 am	Studio Cycle	Lynn K. C
9:30 - 10:30 am	Sports Conditioning	Raquel F. 4
9:30 - 10:30 am	Zumba	Rhonda S. G
10:30 - 11:30 am	Yoga (Beginner)	Ken C. 2
12:00 - 1:00 pm	Aqua Zumba	Suzy C. P
1:00 - 2:00 pm	Gentle Pilates	Rena S. 2
5:30 - 6:30 pm	Hip Hop/Funk	Viola E. 4

<b>Tuesday</b>		
7:00 - 8:00 am	Yoga (Multi-Level)	Jordan R. 2
9:00 - 10:00 am	Aqua Movement	Robin G. P
9:30 - 10:30 am	TRX	Julie L. 4
11:00 - 12:00 pm	Yoga Beginner	John L. 2
5:30 - 6:20 pm	Studio Cycle	Cathy L. C
5:30 - 6:30 pm	Pilates Mat	Niki M.H. 2

<b>Saturday</b>		
9:00 - 10:00 am	Pilates Mat	Niki M.H. 2
9:30 - 10:30 am	Total Body Training	Katy A. 4
10:00 - 11:00 am	Aqua TBT	Robin G. P
10:30 - 11:30 am	Yoga (Multi-Level)	Jordan R. 2
10:30 - 11:30 am	Nia	Myrna W. G
10:45 - 11:45 am	TRX	Julie L. 4

<b>Wednesday</b>		
9:30 - 10:00 am	SPRINT	Jennifer T. C
9:30 - 10:30 am	Vinyasa Flow Yoga	Jordan R. 2
9:30 - 10:30 am	Zumba	Suzy C. G
10:15 - 10:45 am	Les Mills CORE	Jennifer T. 4
11:00 - 12:00 pm	Functional Strength + Stretch	Robin G. 4
6:00 - 7:00 pm	BODYPUMP	Lynn K. 4
6:00 - 7:00 pm	Aqua TBT	Robin G. P

<b>Sunday</b>		
8:30 - 9:20 am	Studio Cycle	Vlad B. C
9:30 - 10:30 am	BODYPUMP	Vlad B. 4
10:00 - 11:00 am	Aqua Movement	Robin G. P
10:30 - 11:30 am	Zumba	Cathy L. G
11:30 - 12:30 pm	Pilates Mat	Penny S. 2
12:45 - 1:45 pm	Vinyasa Flow Yoga	Kali O. 2

<b>Thursday</b>		
7:00 - 8:00 am	Vinyasa Flow Yoga	Rebecca D. 2
9:30 - 10:30 am	BODYPUMP	Raquel F. 4
9:30 - 10:30 am	Yoga (Multi-Level)	Brittany Z. 2
10:45 - 11:45 am	Total Body Training	Julie L. 4
5:30 - 6:30 pm	Pilates Mat	Suzy C. 2

**2 = Studio 2**                      **4 = Studio 4**  
**P = Pool**                              **C = Cycle Studio**

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