



Group Fitness Schedule

Effective November 1st, 2022

TIME	CLASS	INSTRUCTOR / STUDIO
Monday		
6:00 - 6:50 am	Studio Cycle	Rico B. C
6:00 - 7:00 am	Yoga (Multi-Level)	Maggie C. 1
9:30 - 10:30 am	BURN	Julie S. C
12:00 - 12:45 pm	Tread & Shred	Nichole B. CF
12:00 - 1:00 pm	Yoga (Multi-Level)	Laura D. 1
5:30 - 6:30 pm	BODYPUMP	Joey H. 2
5:30 - 6:20 pm	Studio Cycle	Peter M. C
6:30 - 7:30 pm	Vinyasa Flow Yoga	Kali O. 1

TIME	CLASS	INSTRUCTOR / STUDIO
Thursday		
6:00 - 7:00 am	BODYPUMP	John N. 2
7:00 - 8:00 am	Vinyasa Flow Yoga	Bradshaw W. 1
9:00 - 9:30 am	Abs & Arms	Katie D. 2
9:45 - 10:30 am	Total Body Training	Katie D. 2
4:30 - 5:30 pm	BURN	Stephanie B.J. C
5:30 - 6:20 pm	Studio Cycle	Carson S. C
5:30 - 6:30 pm	BODYPUMP	Stephanie B.J. 2
6:00 - 7:00 pm	Pilates Mat	Kurt M. 1

TIME	CLASS	INSTRUCTOR / STUDIO
Tuesday		
6:00 - 7:00 am	BODYPUMP	Therese C. 2
6:00 - 7:00 am	BURN	Stephanie B.J. C
9:00 - 10:00 am	Yoga Sculpt	Therese C. 1
10:00 - 10:45 am	HIIT + Hard Core	Stephanie B.J. 2
5:00 - 5:45 pm	BODYPUMP Express	Erika S. 2
6:00 - 6:50 pm	Studio Cycle	Katie D. C
6:30 - 7:30 pm	Boxing Challenge	Tony H. 2
6:30 - 7:30 pm	Vinyasa Flow Yoga	Caroline B. 1

TIME	CLASS	INSTRUCTOR / STUDIO
Friday		
6:00 - 6:50 am	Studio Cycle	Julie S. C
6:00 - 7:00 am	Yoga (Multi - Level)	Caroline B. 1
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	Katie D. 2
10:00 - 11:00 am	Stretch	Steve W. 1
11:00 - 12:00 pm	Aqua Movement	Steve W. P
12:00 - 1:00 pm	BODYPUMP	Amy S. 2
12:00 - 1:00 pm	Vinyasa Flow Yoga	Erica M. 1

TIME	CLASS	INSTRUCTOR / STUDIO
Wednesday		
6:00 - 6:50 am	Studio Cycle	Stephanie B.J. C
6:00 - 7:00 am	Sports Training	Julie S. 2
9:00 - 10:00 am	Stretch	Steve W. 1
12:00 - 1:00 pm	Ballet Burn	Alberto A. 2
12:00 - 12:45 pm	Tread & Shred	Julie S. CF
5:00 - 6:00 pm	BODYPUMP	Katie D. 2
5:00 - 6:00 pm	BURN	Katelyn M. C
6:15 - 6:45 pm	HIIT + Hard Core	Katie D. 2
6:15 - 7:30 pm	Vinyasa Flow Yoga	Erica M. 1
6:30 - 7:20 pm	Studio Cycle	Andrew L. C

TIME	CLASS	INSTRUCTOR / STUDIO
Saturday		
8:00 - 9:00 am	BODYPUMP	Alyssa O. 2
9:00 - 9:50 am	Studio Cycle	Erica S. C
9:15 - 10:15 am	Boxing Challenge	Tony H. 2
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	Michelle W. 1

C = Cycle Studio **1 = Studio 1** **2 = Studio 2**
CF = Cardio Floor **P = Pool**

TIME	CLASS	INSTRUCTOR / STUDIO
Sunday		
9:00 - 10:00 am	Sports Training	Julie S. 2
10:00 - 11:00 am	Aqua TBT	Trudi G. P
10:15 - 11:15 am	BODYPUMP	Jennifer T. 2
11:00 - 12:00 pm	Vinyasa Flow Yoga	Julie D.S. 1

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