



# Group Fitness Schedule

Effective October, 26

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Monday</b>		
9:15 - 10:15 am	Ballet Burn .....	Raquel F. <b>1</b>
9:30 - 10:20 am	Studio Cycle .....	Paul R. <b>C</b>
10:30 - 11:30 am	Yoga (Multi-Level) .....	Erica M. <b>2</b>
12:00 - 1:00 pm	Aqua TBT .....	Lisa H. <b>P</b>
5:00 - 6:00 pm	Pilates Mat .....	Hayley R. <b>2</b>
5:30 - 6:30 pm	BODYPUMP .....	Alyssa O. <b>1</b>
6:00 - 6:30 pm	SPRINT .....	Jason P. <b>C</b>
6:45 - 7:15 pm	Les Mills CORE .....	Jason P. <b>1</b>

<b>Tuesday</b>		
6:00 - 7:00 am	BODYPUMP .....	Jamey D. <b>1</b>
7:15 - 7:45 am	SPRINT .....	Jamey D. <b>C</b>
8:30 - 9:15 am	BODYATTACK .....	Nikki S. <b>1</b>
9:30 - 10:30 am	Studio Strength .....	Lisa H. <b>1</b>
10:30 - 11:30 am	Yoga Sculpt .....	Raquel F. <b>2</b>
12:00 - 12:50 pm	Studio Cycle .....	Mark M. <b>C</b>
12:00 - 1:00 pm	Ashtanga Power Yoga .....	Mary K. <b>2</b>
5:30 - 6:30 pm	Yoga Multi-Level .....	Brittney Z. <b>2</b>
5:45 - 6:30pm	BODYCOMBAT Express .....	Jojo Y. <b>1</b>
6:00 - 6:50 pm	Studio Cycle .....	Rico B. <b>C</b>
6:00 - 6:45 pm	Aqua Zumba .....	Ramon M. <b>P</b>
6:45 - 7:45 pm	BODYPUMP .....	Nikki S. <b>1</b>

<b>Wednesday</b>		
6:00 - 6:50 am	Studio Cycle .....	Mark M. <b>C</b>
8:15 - 9:00 am	BODYPUMP Express .....	Nikki S. <b>1</b>
9:15 - 9:45 am	SPRINT .....	Nikki S. <b>C</b>
12:00 - 1:00 pm	Aqua TBT .....	Lisa H. <b>P</b>
12:00 - 1:00 pm	Yoga (Multi-Level) .....	Kali O. <b>2</b>
5:00 - 5:45 pm	BODYPUMP Express .....	Jennifer T. <b>1</b>
5:00 - 6:00 pm	Pilates Mat .....	Hayley R. <b>2</b>
6:00 - 6:30 pm	Les Mills CORE .....	Jennifer T. <b>1</b>
6:15 - 7:30 pm	Yoga (Multi-Level) .....	Kali O. <b>2</b>

<b>Thursday</b>		
9:30 - 10:00 am	SPRINT .....	Jennifer T. <b>C</b>

<b>Thursday continued...</b>		
10:15 - 10:45 am	Les Mills CORE .....	Jennifer T. <b>1</b>
10:30 - 11:30 am	Yoga (Multi-Level) .....	Erica M. <b>2</b>
12:00 - 1:30 pm	Vinyasa Flow Yoga .....	Erica M. <b>2</b>
5:30 - 6:30 pm	Studio Strength .....	Lisa H. <b>1</b>
6:00 - 6:50 pm	Studio Cycle .....	Jen P. <b>C</b>
6:00 - 7:15 pm	Yoga (Multi-Level) .....	Mary K. <b>2</b>
6:45 - 7:45 pm	Boxing Challenge .....	AC <b>1</b>

<b>Friday</b>		
6:00 - 6:50 am	Studio Cycle .....	Stephanie B.J. <b>C</b>
9:00 - 10:00 am	Yoga (Multi-Level) .....	Kali O. <b>2</b>
9:30 - 10:20 am	Studio Cycle .....	Jennifer T. <b>C</b>
10:00 - 11:00 am	Aqua TBT .....	Lisa H. <b>P</b>
10:30 - 11:30 am	BODYPUMP .....	Jennifer T. <b>1</b>
5:00 - 5:30 pm	HIIT .....	Lisa H. <b>1</b>
5:45 - 6:30 pm	Hard Core .....	Lisa H. <b>1</b>

<b>Saturday</b>		
9:00 - 9:50 am	Studio Cycle .....	Michel F. <b>C</b>
9:30 - 10:00 am	GRIT Strength .....	Jojo Y. <b>1</b>
10:15 - 11:15 am	BODYJAM .....	Nikki S. <b>1</b>
11:15 - 12:15 pm	Vinyasa Flow Yoga .....	Ken C. <b>2</b>
11:30 - 12:30 pm	BODYPUMP .....	Jamey D. <b>1</b>
12:00 - 1:00 pm	Aqua Movement .....	Stephanie H. <b>P</b>

<b>Sunday</b>		
9:30 - 10:30 am	BODYPUMP .....	Leslie B. <b>1</b>
10:45 - 11:45 am	BODYCOMBAT .....	Leslie B. <b>1</b>
12:00 - 1:00 pm	Yoga (Multi-Level) .....	Ken C. <b>2</b>
3:00 - 4:30 pm	Yin Yoga .....	Ken C. <b>2</b>

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

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