



# Group Fitness Schedule

Effective November 1st, 2022

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Monday</b>		
7:00 - 7:30 am	SPRINT	Laura B. <b>C</b>
7:00 - 8:00 am	Vinyasa Flow Yoga	Brittany Z. <b>4</b>
8:30 - 9:15 am	Power Step	John N. <b>2</b>
9:30 - 10:00 am	Abs & Arms	Katie D. <b>2</b>
12:00 - 12:50 pm	Studio Cycle	Julie S. <b>C</b>
4:30 - 5:30 pm	Zumba	Angel S. <b>2</b>
5:30 - 6:20 pm	Studio Cycle	Amy S. <b>C</b>
5:30 - 6:30 pm	Yoga Sculpt	Scott Z. <b>4</b>
6:00 - 6:45 pm	BODYATTACK Express	Nikki S. <b>2</b>
7:00 - 8:00 pm	BODYPUMP	David R. <b>2</b>
7:00 - 8:00 pm	Vinyasa Flow Yoga	Jordan R. <b>4</b>

<b>Tuesday</b>		
6:00 - 6:50 am	Studio Cycle	Julie S. <b>C</b>
6:00 - 7:00 am	BODYPUMP	Nichole B. <b>2</b>
10:00 - 10:45 am	Aqua Movement	Alisa G. <b>P</b>
12:00 - 12:45 pm	Tread & Shred	Jody B. <b>CF</b>
12:00 - 1:00 pm	Vinyasa Flow Yoga	Kali O. <b>4</b>
4:30 - 5:30 pm	Ballet Burn	Heather H. <b>2</b>
5:30 - 6:20 pm	Studio Cycle	Amy S. <b>C</b>
5:45 - 6:15 pm	Les Mills CORE	John N. <b>2</b>
6:00 - 7:00 pm	Yoga (Multi-Level)	Heather H. <b>4</b>
6:30 - 7:00 pm	SPRINT	Jason P. <b>C</b>
6:30 - 7:30 pm	BODYPUMP	John N. <b>2</b>
7:15 - 8:15 pm	Pilates Mat	Paul R. <b>4</b>

<b>Wednesday</b>		
8:30 - 9:45 am	Vinyasa Flow Yoga	Bradshaw W. <b>4</b>
9:30 - 10:20 am	Studio Cycle	Katie D. <b>C</b>
11:00 - 11:30 pm	Abs & Arms	Katie D. <b>2</b>
5:00 - 6:00 pm	BODYPUMP	Jason P. <b>2</b>
5:30 - 6:30 pm	Pilates Mat	Penny S. <b>4</b>
6:15 - 7:00 pm	BODYJAM Express	David R. <b>2</b>
6:30 - 7:20 pm	Studio Cycle	Jason P. <b>C</b>
7:00 - 8:00 pm	Vinyasa Flow Yoga	Kenyatta D. <b>4</b>
7:30 - 8:30 pm	BODYPUMP	Alyssa O. <b>2</b>

**2 = Studio 2**      **4 = Studio 4**      **CF = Cardio Floor**  
**C = Cycle Studio**      **P = Pool**

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Thursday</b>		
6:00 - 6:50 am	Studio Cycle	Julie S. <b>C</b>
6:00 - 7:00 am	BODYPUMP	Katie D. <b>2</b>
9:30 - 10:30 am	Vinyasa Flow Yoga	Mindy G. <b>4</b>
12:00 - 1:00 pm	BODYPUMP	Amy S. <b>2</b>
4:30 - 5:15 pm	Ballet Burn	Alberto A. <b>2</b>
5:30 - 6:45 pm	Yoga (Multi-Level)	Jen W. <b>4</b>
5:30 - 6:20 pm	Studio Cycle	Alyssa O. <b>C</b>
6:00 - 6:45 pm	Aqua Zumba	Ramon M. <b>P</b>
6:30 - 7:30 pm	BODYPUMP	Alyssa O. <b>2</b>

<b>Friday</b>		
6:00 - 7:00 am	BODYPUMP	Erika S. <b>2</b>
7:00 - 7:30 am	SPRINT	Jamey D. <b>C</b>
8:30 - 9:00 am	Abs & Arms	Nancy B. <b>2</b>
9:15 - 10:15 am	Pilates Mat	Emma K. <b>4</b>
12:00 - 12:50 pm	Studio Cycle	Julie S. <b>C</b>

<b>Saturday</b>		
8:00 - 9:00 am	BODYPUMP	Stephanie B.J. <b>2</b>
8:30 - 9:20 am	Studio Cycle	Julie S. <b>C</b>
8:30 - 9:30 am	Pilates Mat	Hayley R. <b>4</b>
9:15 - 10:15 am	Power Step	Jody B. <b>2</b>
9:30 - 10:20 am	Studio Cycle	Julie S. <b>C</b>
10:00 - 11:00 am	Vinyasa Flow Yoga	Kali O. <b>4</b>
10:30 - 11:30 am	BODYPUMP	Jason P. <b>2</b>
11:00 - 12:00 pm	Aqua Zumba	Yessenia A. <b>P</b>
12:00 - 1:00 pm	Vinyasa Flow Yoga	Bradshaw W. <b>4</b>
12:00 - 1:00 pm	Zumba	Angel S. <b>2</b>

<b>Sunday</b>		
8:30 - 9:30 am	Pilates Mat	Penny S. <b>4</b>
9:30 - 10:30 am	BODYPUMP	Paul R. <b>2</b>
10:00 - 10:50 am	Studio Cycle	Alyssa O. <b>C</b>
10:45 - 11:45 am	Studio Strength	Michaela M. <b>2</b>
12:00 - 1:00 pm	Boxing Challenge	Garret W. <b>2</b>
2:00 - 3:00 pm	Hip Hop Funk / Funk	Viola E. <b>2</b>

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