



Group Fitness Schedule

Effective November 1st, 2022

TIME	CLASS	INSTRUCTOR / STUDIO
Monday		
6:00 - 6:50 am	Studio Cycle	Julie S. C
12:00 - 12:45 pm	HIIT + Hard Core	Jody B. 1
5:00 - 5:30 pm	GRIT Strength	Jasmine G. 1
5:30 - 6:15 pm	Aqua Zumba	Yessenia A. P
5:30 - 6:30 pm	Vinyasa Flow Yoga	Laura D. 2
5:45 - 6:45 pm	BODYPUMP	Kelsee W. 1

Tuesday		
6:00 - 6:45 am	BODYPUMP Express	Rico B. 1
7:00 - 8:00 am	Yoga (Multi-Level)	Kali O. 2
10:30 - 11:30 am	BODYPUMP	Katie D. 1
12:00 - 12:30 pm	Row360	Julie S. R
5:30 - 6:20 pm	Studio Cycle	Donna P. C
6:00 - 7:00 pm	BODYPUMP	Sam A. 1
6:00 - 7:00 pm	Pilates Mat	Penny S. 2

Wednesday		
6:00 - 6:50 am	Studio Cycle	Stacey H. C
9:30 - 10:30 am	Barre Burn	Mindy G. 2
12:00 - 12:30 pm	SPRINT	Nancy B. C
5:00 - 5:30 pm	HIIT	Stephanie P. 1
5:30 - 6:30 pm	Vinyasa Flow Yoga	Laura D. 2
5:45 - 6:30 pm	Row 360	Stephanie P. R
6:00 - 7:00 pm	Boxing Challenge	Frank R. 1

Thursday		
6:00 - 7:00 am	BODYPUMP	Joey H. 1
11:00 - 12:00 pm	Aqua TBT	Penny S. P
12:00 - 12:45 am	Row360	Julie S. R
12:00 - 1:00 pm	Zumba	Alberto A. 1
5:30 - 6:30 pm	Yoga (Multi-Level)	Kathy P. 2
6:00 - 6:45 pm	BODY ATTACK Express	Christian S. 1

TIME	CLASS	INSTRUCTOR / STUDIO
Friday		
9:30 - 10:20 am	Studio Cycle	Traci C. C
10:30 - 11:00 am	Row360	Julie S. R
11:00 - 12:00 pm	BODYPUMP	Kelsee W. 1
12:00 - 1:00 pm	Yoga (Multi-Level)	Trudi G. 2

Saturday		
8:00 - 9:00 am	Yoga Sculpt	Scott Z. 2
8:30 - 9:00 am	SPRINT	Amy S. 1
9:15 - 9:45 am	Les Mills CORE	Amy S. C
10:00 - 11:00 am	BODYPUMP	David R. 1
10:30 - 11:15 am	Tread & Shred	Michael S. CF

Sunday		
8:45 - 9:45 am	Yoga (Multi-Level)	Jen W. 2
9:00 - 10:00 am	BODYPUMP	Erika S. 1
9:30 - 10:20 am	Studio Cycle	Traci C. C
10:00 - 11:00 am	Barre	Jen W. 2
10:00 - 10:45 am	Row 360	Stephanie B.J. R

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

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