



Group Fitness Schedule

Effective April 1st, 2024

Monday

6:00 - 6:50 am	HIT Cycle	Rico B.	C
6:00 - 7:00 am	Yoga (Multi-Level)	Samantha G.	1
9:30 - 10:30 am	BURN	Julie S.	C
10:00 - 11:00 am	Stretch	Ashley S.	1
10:30 - 11:00 am	Les Mills CORE	Amy S.	2
12:00 - 12:45 pm	Tread & Shred	Mindy G.	CF
12:00 - 1:00 pm	Yoga (Multi-Level)	Laura D.	1
4:30 - 5:30 pm	BURN	Peter M.	C
5:30 - 6:30 pm	BODYPUMP	Joey H.	2
5:30 - 6:20 pm	HIT Cycle	Peter M.	C
6:30 - 7:00 pm	HIT Cycle Express	Peter M.	C
6:30 - 7:45 pm	Vinyasa Flow Yoga	Kali O.	1
6:45 - 7:15 pm	GRIT Strength	Jasmin G.	2

Tuesday

6:00 - 7:00 am	BODYPUMP	Therese C.	2
6:00 - 7:00 am	BURN	Stephanie B.J.	C
7:00 - 8:00 am	Vinyasa Flow Yoga	Bradshaw W.	1
9:00 - 10:00 am	Yoga Sculpt	Therese C.	1
10:00 - 10:45 am	HIIT + Hard Core	Amy S.	2
12:00 - 12:30 pm	Les Mills CORE	Amy S.	2
5:00 - 5:45 pm	BODYPUMP Express	Erika S.	2
6:00 - 6:50 pm	HIT Cycle	Mia G.	C
6:00 - 7:00 pm	Boxing Challenge	Tony H.	2
6:30 - 7:30 pm	Vinyasa Flow Yoga	Mary H.	1

Wednesday

6:00 - 6:50 am	HIT Cycle	Jamie R.	C
6:00 - 7:00 am	Sports Training	Julie S.	2
9:00 - 10:00 am	Stretch	Steve W.	1
9:30 - 10:30 am	BURN	Julie S.	C
10:00 - 11:00 am	Aqua Movement	Steve W.	P
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	Stephanie B.J.	C
5:00 - 6:00 pm	Yoga (Multi-Level)	Erica M.	1
6:00 - 6:30 pm	HIIT	Katie D.	2
6:15 - 7:30 pm	Vinyasa Flow Yoga	Erica M.	1
6:30 - 7:20 pm	HIT Cycle	Andrew L.	C
6:45 - 7:45 pm	Zumba	Ramon M.	2

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
9:30 - 10:15 am	Total Body Training	Katie D.	2
12:00 - 12:45 pm	Tread & Shred	Jody B.	CF
1:30 - 2:30 pm	Vinyasa Flow Yoga	Laura D.	1
4:30 - 5:30 pm	BURN	Stephanie B.J.	C
5:30 - 6:30 pm	Aqua Movement	Stephanie H.	P
5:30 - 6:20 pm	HIT Cycle	Peter M.	C
5:30 - 6:30 pm	BODYPUMP	Stephanie B.J.	2
6:00 - 7:00 pm	Pilates Mat	Kurt M.	1
6:30 - 7:00 pm	Les Mills CORE	Stephanie B.J.	2

Friday

6:00 - 6:50 am	HIT Cycle	Julie S.	C
6:00 - 7:00 am	Yoga (Multi - Level)	Mary H.	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	Samantha G.	1
11:00 - 12:00 pm	Aqua Movement	Samantha G.	P
12:00 - 1:00 pm	BODYPUMP	Amy S.	2
12:00 - 1:00 pm	Vinyasa Flow Yoga	Erica M.	1
4:00 - 5:00 pm	BODYPUMP	Meg S.	2

Saturday

8:00 - 9:00 am	BODYPUMP	Nicholas L.	2
9:00 - 9:50 am	HIT Cycle	Erica S.	C
9:15 - 9:45 am	Les Mills CORE	Nicholas L.	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

Sunday

8:00 - 8:45 am	BODYPUMP Express	Rico B.	2
8:00 - 8:50 am	HIT Cycle	Julie S.	2
9:00 - 10:00 am	Sports Training	Julie S.	C
10:00 - 11:00 am	BURN	Stephanie B.J.	C
10:00 - 11:00 am	Aqua TBT	Stephanie H.	P
10:15 - 11:15 am	BODYPUMP	Jennifer T.	2
11:00 - 12:00 pm	Vinyasa Flow Yoga	Mary H.	1
11:30 - 12:00 pm	Les Mills CORE	Jennifer T.	2
1:00 - 2:00 pm	Pilates Mat	Kurt M.	1