



Group Fitness Schedule

Effective April 1st, 2024

TIME	CLASS	INSTRUCTOR / STUDIO
Monday		
6:00 - 6:50 am	HIT Cycle	Julie S. C
10:00 - 11:00 am	Barre	Kat F. 2
12:00 - 12:45 pm	HIIT + Hard Core	Jody B. 1
4:30 - 5:30 pm	BODYATTACK	Amelia L. 1
5:30 - 6:20 pm	HIT Cycle	Erica S. C
5:30 - 6:45 pm	Vinyasa Flow Yoga	Laura D. 2
5:45 - 6:45 pm	BODYPUMP	AJ C. 1

Tuesday		
6:00 - 7:00 am	BODYPUMP	Cynthia D. 1
9:30 - 10:15 am	Total Body Training	Traci C. 1
9:30 - 10:30 am	Vinyasa Flow Yoga	Rachel K. 1
10:30 - 11:30 am	BODYPUMP	Katie D. 2
12:00 - 12:30 pm	Row360	Julie S. 1
5:30 - 6:20 pm	HIT Cycle	Donna P. R
6:00 - 7:00 pm	BODYPUMP	Ryan W. C
6:00 - 7:00 pm	Pilates Mat	Penny S. 1
		2

Wednesday		
6:00 - 6:50 am	HIT Cycle	Stacey H. C
9:30 - 10:30 am	Barre Burn	Mindy G. 2
12:00 - 12:50 pm	HIT Cycle	Amelia L. C
5:00 - 5:30 pm	HIIT	Laura D. 1
5:30 - 6:30 pm	Vinyasa Flow Yoga	Laura D. 2
5:45 - 6:30 pm	Row 360	Chantal R. R
6:00 - 7:00 pm	Boxing Challenge	Frank R. 1

Thursday		
6:00 - 7:00 am	BODYPUMP	Joey H. 1
9:00 - 10:00 am	Yoga (Multi-Level)	Selima H. 2
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
5:00 - 5:45 pm	BODYPUMP Express	Therese C. 1
5:30 - 6:30 pm	Yoga (Multi-Level)	Becky R. 2
6:00 - 6:50 pm	HIT Cycle	Stefania B. C
6:00 - 7:00 pm	Total Body Training	Kathleen F. 1
6:45 - 7:45 pm	Pilates Mat	Aleta Z. 2

TIME	CLASS	INSTRUCTOR / STUDIO
Friday		
9:30 - 10:20 am	HIT Cycle	Traci C. C
10:30 - 11:00 am	Row360	Julie S. R
11:00 - 12:00 pm	BODYPUMP	Amelia L. 1
12:00 - 1:00 pm	Yoga (Multi-Level)	Selima H. 2

Saturday		
8:00 - 9:00 am	Yoga Sculpt	Scott Z. 2
8:30 - 9:20 am	HIT Cycle	David R. C
9:30 - 10:00 am	Les Mills CORE	David R. 1
10:00 - 11:00 am	BODYPUMP	David R. 1
10:30 - 11:15 am	Tread & Shred	Michael S. CF
11:15 - 12:15 pm	Boxing Challenge	Frank R. 1

Sunday		
9:00 - 10:00 am	BODYPUMP	Erika S. 1
9:30 - 10:20 am	HIT Cycle	Traci C. C
10:00 - 11:00 am	Barre	Ashley G. 2
10:30 - 11:00 am	Row 360	Traci C. R
11:15 - 12:15 pm	Pilates Mat	Aleta Z. 2

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.