



Group Fitness Schedule

Effective April 1st, 2025

TIME	CLASS	INSTRUCTOR / STUDIO
Monday		
9:30 - 10:30 am	Vinyasa Flow Yoga.....	Kali O. 3
12:00 - 12:50 pm	HIT Cycle	Jennifer T. C
5:00 - 6:00 pm	Ballet Burn	Therese C. 1
5:00 - 6:00 pm	Pilates Mat	Aleta Z. 3
5:00 - 6:00 pm	Studio Strength	Pete E. 2
5:30 - 6:00 pm	HIT Cycle Express.....	Libby L. C
6:15 - 7:05 pm	HIT Cycle	Pete E. C
6:15 - 7:15 pm	Cardio Dance.....	Kat F. 1
6:30 - 7:30 pm	BODYPUMP	Ismaila M. 2
6:30 - 7:30 pm	Yoga (Multi-Level)	Mary H. 3

Tuesday		
6:00 - 7:00 am	BODYPUMP	Chelsea S. 2
7:00 - 8:00 am	Vinyasa Flow Yoga.....	Mindy G. 3
12:00 - 12:45 pm	Tread and Shred.....	Stephanie B.J. CF
12:00 - 1:00 pm	Vinyasa Flow Yoga.....	Erica M. 3
5:00 - 5:45 pm	Total Body Training.....	Jennifer T. 2
5:30 - 6:30 pm	Yoga (Multi-Level)	Therese C. 3
6:00 - 6:50 pm	HIT Cycle	Jennifer T. C
6:30 - 7:30 pm	Boxing Challenge	Emily G. 2
6:45 - 7:45 pm	Yoga Sculpt	Elissa J. 3

Wednesday		
9:30 - 10:30 am	Vinyasa Flow Yoga.....	Kat F. 3
12:00 - 1:00 pm	BODYPUMP	Stephanie B.J. 2
12:00 - 1:00 pm	Yoga (Multi-Level)	Mindy G. 3
5:15 - 6:15 pm	Pilates Mat	Kayce H.B. 3
5:30 - 6:30 pm	BODYPUMP	Ismaila M. 2
6:00 - 6:50 pm	HIT Cycle	Erica S. C
6:30 - 7:30 pm	Barre	Aleta Z. 1
7:00 - 8:00 pm	Yoga (Multi-Level)	Renee K. 3

TIME	CLASS	INSTRUCTOR / STUDIO
Thursday		
6:00 - 7:00 am	BODYPUMP	Sharon T. 2
9:00 - 10:00 am	Pilates Mat	Penny S. 3
12:00 - 12:45 pm	HIIT + Hard Core.....	Kat F. 2
12:00 - 1:00 pm	Barre	Therese C. 1
5:00 - 6:00 pm	Yoga (Multi-Level)	Kali O. 3
5:30 - 6:20 pm	HIT Cycle	Jonathan S. C
6:15 - 7:15 pm	BODYPUMP	Yessenia A. 2

Friday		
7:00 - 7:50 am	HIIT Cycle.....	Libby L. C
9:00 - 10:00 am	Vinyasa Flow Yoga.....	Ashley S. 3
12:00 - 12:45 pm	HIIT + Hard Core.....	Jess L. 2
12:00 - 1:00 pm	Ballet Burn	Mindy G. 1
12:30 - 1:30 pm	Yoga Sculpt	Laura D. 3

Saturday		
8:30 - 9:30 am	BODYPUMP	Kate K. 2
9:15 - 10:05 am	HIT Cycle	Yessenia A. C
9:30 - 10:30 am	Yoga (Multi-level).....	Kathy P. 3
11:00 - 12:00 pm	Pilates Mat	Aleta Z. 3
12:30 - 1:30 pm	Zumba	Cedric T. 1

Sunday		
10:00 - 11:00 am	BODYPUMP	K.B. 2
10:30 - 11:30 am	Yoga (Multi-Level)	Gabby K. 3
12:00 - 1:00 pm	Ballet Burn	Kat F. 1

1 = Studio 1 (1st Floor) 3 = Studio 3 (3rd Floor)
2 = Studio 2 (2nd Floor) C = Cycle Studio

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