



Group Fitness Schedule

Effective April 1st, 2025

TIME CLASS INSTRUCTOR / STUDIO

Monday

7:00 - 8:00 am	BURN.....	Peter M. B
12:00 - 12:45 pm	HIIT + Hard Core.....	Kat F. 1
12:00 - 1:00 pm	Vinyasa Flow Yoga.....	Ashley S. 2
5:00 - 5:30 pm	HIIT	Fran B. 1
5:30 - 6:30 pm	Pilates Mat	Penny S. 2
5:45 - 6:30 pm	BODYCOMBAT Express	Jojo Y. 1
5:45 - 6:35 pm	HIT Cycle	Jen P. C
7:00 - 8:00 pm	ZUMBA.....	Cedric T. 1

Tuesday

12:00 - 1:00 pm	BODYPUMP	Amelia L. 1
12:00 - 1:00 pm	Vinyasa Flow Yoga.....	Selima H. 2
5:15 - 6:00 pm	BODYPUMP Express.....	AJ C. 1
5:30 - 6:20 pm	HIT Cycle	Kat F. C
5:45 - 7:00 pm	Yoga (Multi-Level)	Erin A. 2
6:15 - 7:00 pm	BODYATTACK Express	Amelia L. 1
6:30 - 7:30 pm	BURN.....	Kat F. B

Wednesday

7:00 - 8:00 am	Yoga (Multi-Level)	Laura D. 2
9:00 - 10:00 am	BURN.....	Journie C. B
12:00 - 1:00 pm	Yoga Sculpt	Laura D. 2
12:15 - 1:00 pm	Total Body Training Express	Jennifer T. 1
5:00 - 6:00 pm	Vinyasa Flow Yoga.....	Erin A. 2
5:00 - 6:00 pm	BURN.....	Amelia L. B
5:15 - 6:15 pm	BODYPUMP	Hannah C. 1
6:15 - 7:00 pm	BODYBALANCE Express	Amelia L. 2
6:30 - 7:15 pm	BODYCOMBAT Express	Paul R. 1

Thursday

11:00 - 12:00 pm	BURN.....	Alexis A. B
12:00 - 12:30 pm	GRIT Strength	Amelia L. 1
12:00 - 1:00 pm	Vinyasa Flow Yoga.....	Laura D. 2
12:30 - 1:00 pm	Stretch	Katie M. 1
4:45 - 5:45 pm	BURN.....	Peter M. B
5:00 - 6:00 pm	BODYPUMP	KB 1
5:30 - 6:30 pm	Yoga (Multi Level)	Samantha G. 2
6:00 - 6:50 pm	HIT Cycle	Peter M. C
6:15 - 7:15 pm	BODYJAM	KB 1

TIME CLASS INSTRUCTOR / STUDIO

Friday

7:00 - 8:00 am	BURN.....	Alexis A. B
7:00 - 8:00 am	Yoga (Multi-Level)	Kathy P. 2
12:00 - 1:00 pm	Vinyasa Flow yoga.....	Ashley S. 2
12:00 - 1:00 pm	BURN.....	Journie C. B

Saturday

9:00 - 9:50 am	HIT Cycle	Donna P. C
9:00 - 10:00 am	Pilates Mat	Aleta Z. 2
9:30 - 10:30 am	BODYPUMP	Hannah C. 1
10:30 - 11:30 am	Vinyasa Flow yoga.....	Bradshaw W. 2
10:45 - 11:45 am	BODYCOMBAT.....	Hannah C. 1

Sunday

9:00 - 9:50 am	HIT Cycle	John N. C
10:00 - 11:00 am	BODYPUMP	John N. 1
10:00 - 11:00 am	Vinyasa Flow Yoga.....	Laura D. 2
10:30 - 11:30 am	BURN.....	Journie C. B

1 = Studio 1

C = Cycle Studio

2 = Studio 2

CF = Cardio Floor

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