



Group Fitness Schedule

Effective January 1, 2026

TIME CLASS INSTRUCTOR / STUDIO

Monday

7:00 - 8:00 am	Sports Training	Mackenzie C. 2
8:00 - 8:45 am	Tread & Shred.	Mackenzie C. CF
12:00 - 12:50 pm	HIT Cycle.	Jennifer T. C
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 - 7:15 pm	Cycle Fusion.	Pete E. C
6:15 - 7:15 pm	Pilates Barre Fusion	Kat F. 1
6:30 - 7:30 pm	BODYPUMP	Katy T. 2
6:30 - 7:30 pm	Yoga (Multi-Level)	Alejandro J. 3

Tuesday

6:00 - 7:00 am	BODYPUMP.	Chelsea S. 2
7:00 - 8:00 am	Vinayasa Flow Yoga.	Mindy G. 3
11:00 - 12:00 pm	Studio Strength.	Alex E. 2
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	Pilates Barre Fusion.	Aleta Z. 1
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	BODYPUMP.	Sophia L. 2
6:45 - 7:45 pm	Yoga Sculpt.	Elissa J. 3

Wednesday

6:00 - 7:00 am	Cycle Fusion.	Libby L. C
9:00 - 10:00 am	Yoga (Multi-Level).	Kat F. 3
10:00 - 11:00 am	Pilates Fusion	Kat F. 3
12:00 - 1:00 pm	BODYPUMP	Erika S. 2
12:00 - 1:00 pm	Pilates Fusion	Mindy G. 3
5:15 - 6:15 pm	Cycle Fusion.	Erica S. C
5:15 - 6:15 pm	Pilates Mat.	Kayce H.B. 3
5:30 - 6:30 pm	BODYPUMP.	Cedric T. 2
6:30 - 7:30 pm	Barre.	Aleta Z. 1
7:00 - 8:00 pm	Yoga (Multi-Level).	Renee K. 3

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Thursday

6:00 - 7:00 am	BODYPUMP	Sharon T. 2
12:00 - 12:45 pm	Studio Strength	Kat F. 2
12:00 - 1:00 pm	Barre.	Therese C. 1
5:00 - 6:00 pm	Pilates Mat.	Kate S. 3
5:30 - 6:20 pm	HIT Cycle.	Jonathan S. C
5:30 - 6:30 pm	Barre.	Aleta Z. 1
6:15 - 7:15 pm	BODYPUMP.	Yessenia A. 2
6:30 - 7:30 pm	Hatha Yoga.	Stephanie S. 3

Friday

6:00 - 6:50 am	HIT Cycle.	Libby L. C
10:15 - 11:15 am	Pilates Fusion.	Kat F. 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
3:00 - 4:00 pm	Yoga (Multi-Level).	Kristen D. 3

Saturday

8:30 - 9:30 am	BODYPUMP.	Kate K. 2
9:30 - 10:30 am	Yoga (Multi-level)	Kathy P. 3
10:00 - 10:50 am	HIT Cycle.	Yessenia A. C
11:00 - 11:30 am	Les Mills CORE.	Yessenia A. 2
11:00 - 12:00 pm	Pilates Mat.	Aleta Z. 3
12:30 - 1:30 pm	Zumba.	Cedric T. 1

Sunday

9:00 - 9:50 am	HIT Cycle.	Torrie M. C
10:00 - 11:00 am	BODYPUMP.	Yessenia A. 2
10:30 - 11:30 am	Yoga (Multi-Level)	Alejandro J. 3
11:00 - 12:00 am	Pilates Fusion.	Kat F. 1
12:00 - 1:00 pm	Barre Burn	Kat F. 1

1 = Studio 1 2 = Studio 2 3 = Studio 3 C = Cycle Studio CF = Cardio Floor

Schedules subject to change. Please refer to the CAC app for updates.