



Group Fitness Schedule

Effective June 1st, 2025

TIME CLASS INSTRUCTOR / STUDIO

Monday

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	Katy T. 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.....	Alex E. 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	Cedric T. 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

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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
6:30 - 7:30 pm	Hatha Yoga.....	Stephanie S. 3

Friday

7:00 - 7:50 am	HIIT 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

Saturday

8:30 - 9:30 am	BODYPUMP	Kate K. 2
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
11:00 - 11:50 am	HIT Cycle	Kat F. C
12:00 - 1:00 pm	Ballet Burn	Kat F. 1

1 = Studio 1 C = Cycle Studio
2 = Studio 2
3 = Studio 3

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