



Group Fitness Schedule

Effective June 1st, 2025

TIME CLASS INSTRUCTOR / STUDIO

Monday

7:00 - 8:00 am	Boxing Challenge	Ardarius B	1
8:15 - 9:00 am	BODYATTACK Express	Nikki S.	1
9:15 - 10:15 am	Ballet Burn	Raquel F.	1
9:30 - 10:20 am	HIT Cycle	Paul R.	C
10:30 - 11:30 am	Yoga (Multi-Level).....	Erica M.	2
11:45 - 12:45 pm	Vinaysa Flow Yoga	Erica M.	2
12:00 - 12:45 pm	Tread & Shred	Alex E.	CF
12:00 - 1:00 pm	Aqua TBT.....	Lisa H.	P
5:00 - 6:00 pm	Pilates Mat	Hayley R.	2
5:30 - 6:30 pm	BODYPUMP	Kate K.	1
6:00 - 6:30 pm	SPRINT	Jason P.	C
6:15 - 7:15 pm	Yoga (Multi-Level).....	Samantha G.	2
6:45 - 7:15 pm	Les Mills CORE.....	Kate K.	1

Tuesday

6:00 - 7:00 am	BODYPUMP	Jamey D.	1
7:15 - 7:45 am	SPRINT	Jamey D.	C
8:00 - 9:00 am	Total Body Training.....	Jennifer T.	1
9:30 - 10:30 am	Studio Strength	Lisa H.	1
10:30 - 11:30 am	Yoga Sculpt	Raquel F.	2
12:00 - 12:50 pm	HIT Cycle	Raquel F.	C
12:00 - 1:00 pm	Ashtanga Power Yoga.....	Mary K.	2
5:00 - 6:00 pm	Yoga (Multi-Level).....	Kathleen M.	2
5:45 - 6:30pm	BODYCOMBAT Express	Jojo Y.	1
6:00 - 6:50 pm	HIT Cycle	Jonathan S.	C
6:00 - 7:00 pm	Aqua TBT.....	Lisa H.	P
6:15 - 7:15 pm	Vinaysa Flow Yoga	Kathleen M.	2
6:45 - 7:45 pm	BODYPUMP	Nikki S.	1

Wednesday

6:00 - 6:50 am	HIT Cycle	Stef B.	C
8:15 - 9:00 am	BODYPUMP Express.....	Nikki S.	1
9:15 - 9:45 am	SPRINT	Nikki S.	C
12:00 - 1:00 pm	Aqua TBT.....	Lisa H.	P
12:00 - 1:00 pm	Yoga (Multi-Level).....	Kali O.	2
4:00 - 5:00 pm	Yoga (Multi-Level).....	Nikki S.	2
5:00 - 5:45 pm	BODYPUMP Express.....	Jennifer T.	1
5:00 - 6:00 pm	Pilates Mat	Hayley R.	2
6:00 - 6:30 pm	Les Mills CORE	Jennifer T.	1
6:15 - 7:30 pm	Yoga (Multi-Level).....	Kali O.	2
6:45 - 7:45 pm	BODYJAM	Nikki S.	1

TIME CLASS INSTRUCTOR / STUDIO

Thursday

6:00 - 7:00 am	Total Body Training.....	Fran B.	1
9:30 - 10:00 am	SPRINT	Jennifer T.	C
10:15 - 10:45 am	Les Mills CORE	Jennifer T.	1
10:30 - 11:30 am	Yoga (Multi-Level).....	Erica M.	2
12:00 - 1:30 pm	Vinyasa Flow Yoga	Erica M.	2
4:00 - 5:00 pm	Yoga (Multi-Level).....	Stephanie S.	2
5:30 - 6:30 pm	Studio Strength	Lisa H.	1
6:00 - 6:50 pm	HIT Cycle	Jen P.	C
6:00 - 7:15 pm	Yoga (Multi-Level).....	Mary K.	2
6:45 - 7:45 pm	Boxing Challenge	Ardarius B	1

Friday

6:00 - 6:50 am	HIT Cycle	Jamie R.	C
8:00 - 9:00 am	Boxing Challenge	Ardarius B	1
9:00 - 10:00 am	Yoga (Multi-Level).....	Kali O.	2
9:30 - 10:20 am	HIT Cycle	Jennifer T.	C
10:00 - 11:00 am	Aqua TBT.....	Lisa H.	P
10:30 - 11:30 am	BODYPUMP	Jennifer T.	1
11:45 - 12:30 pm	BODYBALANCE Express	Nikki S.	2
5:15 - 5:45 pm	HIIT	Lisa H.	1
5:45 - 6:30 pm	Hard Core	Lisa H	1

Saturday

8:15 - 9:15 am	BODYBALANCE.....	Nikki S.	2
9:00 - 9:50 am	HIT Cycle	Amelia L.	C
9:30 - 10:00 am	GRIT Strength	Jojo Y.	1
10:00 - 11:00 am	Yoga (Multi-Level).....	Ken C.	2
10:15 - 11:15 am	BODYJAM	Nikki S.	1
11:15 - 12:15 pm	Vinyasa Flow Yoga	Caroline M.	2
11:30 - 12:30 pm	BODYPUMP	Jamey D.	1
12:00 - 1:00 pm	Aqua Movement	Stephanie H.	P

Sunday

8:30 - 9:15 am	BODYPUMP Express.....	AJ	1
9:30 - 10:30 am	BODYPUMP	Leslie B.	1
10:00 - 11:00 am	Vinyasa Flow Yoga	Renni P.	2
10:45 - 11:45 am	BODYCOMBAT	Leslie B.	1
12:00 - 1:00 pm	Yoga (Multi-Level).....	Ken C.	2
1:00 - 1:50 pm	HIT Cycle	Fran B.	C
3:00 - 4:30 pm	Yin Yoga	Ken C.	2