



# Group Fitness Schedule

Effective July 1st, 2025

TIME CLASS INSTRUCTOR / STUDIO

## Monday

|                  |                                    |              |
|------------------|------------------------------------|--------------|
| 6:00 - 7:00 am   | BODYPUMP .....                     | Raquel F. 4  |
| 9:00 - 10:00 am  | Ballet Burn .....                  | Emily O. 4   |
| 9:15 - 10:05 am  | HIT Cycle .....                    | Lynn K. C    |
| 9:30 - 10:30 am  | Pilates Mat .....                  | Suzy C. 2    |
| 10:00 - 11:00 am | Aqua Movement .....                | Penny S. P   |
| 10:15 - 10:45 am | BODYPUMP Express.....              | Lynn K. 4    |
| 11:00 - 12:00 pm | Functional Strength & Stretch..... | Robin G. 4   |
| 12:00 - 1:00 pm  | Vinyasa Flow Yoga .....            | Ken C. 2     |
| 5:45 - 6:15 pm   | Les Mills CORE.....                | Cecelia W. 4 |
| 6:30 - 7:30 pm   | Hip Hop/Funk.....                  | Viola E. 4   |
| 6:30 - 7:00 pm   | SPRINT .....                       | Cecelia W. C |

## Tuesday

|                  |                                    |               |
|------------------|------------------------------------|---------------|
| 7:00 - 8:00 am   | Yoga (Multi-Level).....            | Rebecca D. 2  |
| 9:00 - 10:00 am  | Aqua Movement .....                | Robin G. P    |
| 9:30 - 10:30 am  | TRX .....                          | Julie L. 4    |
| 9:30 - 10:30 am  | Yoga Sculpt .....                  | Mindy G. 2    |
| 10:45 - 11:45 am | Functional Strength & Stretch..... | Julie L. 4    |
| 10:45 - 11:45 am | BURN.....                          | Jennifer T. B |
| 11:00 - 12:00 pm | Beginner Yoga .....                | John L. 2     |
| 12:00 - 1:00 pm  | Ballet Burn .....                  | Emily O. 4    |
| 12:15 - 1:15 pm  | Pilates for Buff Bones® .....      | Rena S. 2     |
| 5:30 - 6:20 pm   | HIT Cycle .....                    | Cathy L. C    |
| 5:30 - 6:30 pm   | Pilates Mat .....                  | Niki M.H. 2   |
| 6:00 - 6:45 pm   | Total Body Training.....           | Emma M. 4     |

## Wednesday

|                  |                                    |               |
|------------------|------------------------------------|---------------|
| 6:00 - 7:00 am   | Total Body Training.....           | Stacey B. 4   |
| 9:00 - 10:00 am  | Vinyasa Flow Yoga .....            | Paul W. 2     |
| 9:15 - 10:00 am  | BODYPUMP Express.....              | Vlad B. 4     |
| 9:30 - 10:00 am  | SPRINT .....                       | Jennifer T. C |
| 9:30 - 10:30 am  | Zumba .....                        | Suzy C. G     |
| 10:15 - 10:45 am | Les Mills CORE.....                | Jennifer T. 4 |
| 11:00 - 12:00 pm | Functional Strength + Stretch..... | Robin G. 4    |
| 6:00 - 7:00 pm   | BODYPUMP .....                     | Lynn K. 4     |
| 6:00 - 7:00 pm   | Aqua TBT.....                      | Robin G. P    |
| 6:30 - 7:30 pm   | Hatha Yoga.....                    | Steve P. 2    |

## Thursday

|                  |                         |              |
|------------------|-------------------------|--------------|
| 7:00 - 8:00 am   | Vinyasa Flow Yoga ..... | Rebecca D. 2 |
| 10:00 - 11:00 am | Aqua TBT.....           | Lisa H. P    |
| 9:30 - 10:30 am  | Nia .....               | Myrna W. G   |
| 9:30 - 10:30 am  | BURN.....               | Julie L. B   |
| 9:30 - 10:30 am  | BODYPUMP .....          | Raquel F. 4  |

TIME CLASS INSTRUCTOR / STUDIO

## Thursday continued...

|                  |                          |            |
|------------------|--------------------------|------------|
| 9:30 - 10:30 am  | Yoga (Multi-Level).....  | Kathy P. 2 |
| 10:45 - 11:45 am | Total Body Training..... | Julie L. 4 |
| 12:00 - 12:45 pm | Stretch .....            | Julie L. 2 |
| 5:30 - 6:15 pm   | BODYPUMP Express.....    | Emma M. 4  |
| 6:15 - 7:15 pm   | BURN.....                | Mila C. B  |

## Friday

|                  |                                    |              |
|------------------|------------------------------------|--------------|
| 6:00 - 7:00 am   | BODYPUMP .....                     | Cecelia W. 4 |
| 9:30 - 10:20 am  | HIT Cycle .....                    | Lynn K. C    |
| 9:30 - 10:30 am  | Sports Conditioning.....           | Raquel F. 4  |
| 9:30 - 10:30 am  | Zumba .....                        | Rhonda S. G  |
| 10:30 - 11:30 am | Beginner Yoga .....                | Ken C. 2     |
| 10:45 - 11:30 am | BODYPUMP Express.....              | Lynn K. 4    |
| 12:00 - 1:00 pm  | Aqua Movement .....                | Lisa H. P    |
| 12:00 - 1:00 pm  | Functional Strength & Stretch..... | Robin G. 4   |
| 1:00 - 2:00 pm   | Gentle Pilates .....               | Rena S. 2    |
| 5:30 - 6:30 pm   | Hip Hop/Funk .....                 | Viola E. 4   |

## Saturday

|                  |                          |              |
|------------------|--------------------------|--------------|
| 9:15 - 10:15 am  | Total Body Training..... | Katy A. 4    |
| 9:30 - 10:30 am  | BURN.....                | Julie L. B   |
| 10:00 - 11:00 am | Aqua TBT.....            | Robin G. P   |
| 10:30 - 11:30 am | Nia .....                | Myrna W. G   |
| 10:30 - 11:30 am | Yoga (Multi-Level).....  | Renni P. 2   |
| 10:45 - 11:45 am | TRX .....                | Julie L. 4   |
| 12:00 - 1:00 pm  | BURN.....                | Kristin K. B |
| 12:15 - 1:00 pm  | BODYPUMP Express.....    | Emma M. 4    |
| 12:30 - 1:30 pm  | Yin Yoga.....            | Steve P. 2   |

## Sunday

|                  |                         |            |
|------------------|-------------------------|------------|
| 8:30 - 9:20 am   | HIT Cycle .....         | Vlad B. C  |
| 9:30 - 10:30 am  | BODYPUMP .....          | Vlad B. 4  |
| 9:30 - 10:15 am  | Tread & Shred .....     | Alex E. CF |
| 10:00 - 11:00 am | Aqua Movement .....     | Robin G. P |
| 10:30 - 11:15 am | Stretch.....            | Alex E. 2  |
| 10:30 - 11:30 am | Zumba .....             | Cathy L. G |
| 11:30 - 12:30 pm | BURN.....               | Alex E. B  |
| 11:30 - 12:30 pm | Pilates Mat .....       | Penny S. 2 |
| 12:45 - 2:00 pm  | Vinyasa Flow Yoga ..... | Kali O. 2  |

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