



Group Fitness Schedule

Effective July 1st, 2025

Monday

6:00 - 6:50 am	HIT Cycle	Fran B	C
6:00 - 7:00 am	Yoga (Multi-Level).....	Samantha G.	1
6:30 - 7:15 am	BODYPUMP Express.....	Hayley R.	2
9:30 - 10:30 am	BURN.....	Julie S.	C
10:30 - 11:00 am	Les Mills CORE.....	Jennifer T.	2
12:00 - 1:00 pm	Yoga (Multi-Level).....	Laura D.	1
4:30 - 5:30 pm	BURN.....	Peter M.	C
5:30 - 6:30 pm	BODYPUMP	Joey H.	2
5:30 - 6:20 pm	HIT Cycle	Peter M.	C
6:30 - 7:00 pm	HIT Cycle Express.....	Peter M.	C
6:30 - 7:45 pm	Vinyasa Flow Yoga	Kali O.	1

Tuesday

6:00 - 7:00 am	BODYPUMP	Therese C.	2
6:00 - 7:00 am	BURN.....	Journie C.	C
7:00 - 8:00 am	Vinyasa Flow Yoga	Mary H.	1
9:00 - 10:00 am	Yoga Sculpt	Therese C.	1
10:00 - 10:45 am	HIIT + Hard Core.....	Tanner B.	2
12:00 - 1:00 pm	Pilates Mat	Erin H.	1
5:00 - 5:45 pm	BODYPUMP Express.....	TBD	2
5:00 - 6:00 pm	Yoga (Multi-Level).....	Nikki S.	1
6:00 - 6:50 pm	HIT Cycle	Mia G.	C
6:00 - 7:00 pm	Boxing Challenge	Tony H.	2
6:30 - 7:30 pm	Vinyasa Flow Yoga	Mary H.	1
7:00 - 8:00 pm	BURN.....	Ann Z.	C

Wednesday

6:00 - 6:50 am	HIT Cycle	Jamie R.	C
6:00 - 7:00 am	Sports Training.....	Julie S.	2
7:00 - 8:00 am	BURN.....	Jamie R.	C
9:00 - 10:00 am	Stretch	Steve W.	1
9:30 - 10:30 am	BURN.....	Julie S.	C
10:00 - 11:00 am	Aqua Movement	Steve W.	P
12:00 - 1:00 pm	Zumba	Ramon M.	2
12:00 - 1:00 pm	Pilates Mat	Sterling L.	1
12:00 - 12:45 pm	Tread & Shred	Julie S.	CF
4:00 - 4:45 pm	Total Body Training.....	George A.	2
5:00 - 6:00 pm	BODYPUMP	Meg S.	2
5:00 - 6:00 pm	BURN.....	Peter M.	C
5:00 - 6:00 pm	Yoga (Multi-Level).....	Erica M.	1
6:00 - 6:30 pm	HIIT	Jess S.	2
6:15 - 7:30 pm	Vinyasa Flow Yoga	Erica M.	1
6:30 - 7:20 pm	HIT Cycle	Andrew L.	C
6:45 - 7:45 pm	Zumba	Ramon M.	2

Thursday

6:00 - 7:00 am	BODYPUMP	Cedric T.	2
6:00 - 7:00 am	BURN.....	Peter M.	C
7:00 - 8:00 am	Vinyasa Flow Yoga	Ash S.	1
9:00 - 9:30 am	Abs & Arms.....	Jody B.	2
9:30 - 10:15 am	Total Body Training.....	Jody B.	2
12:00 - 12:45 pm	Tread & Shred.....	TBD	CF
1:30 - 2:30 pm	Vinyasa Flow Yoga	Laura D.	1
4:30 - 5:30 pm	BURN.....	Peter M.	C
5:30 - 6:20 pm	HIT Cycle	Mereya R.	C
5:30 - 6:30 pm	Aqua Movement	Stephanie H.	P
5:30 - 6:30 pm	BODYPUMP	Chelsea S.	2
6:00 - 7:00 pm	Pilates Mat	Kurt M.	1
6:30 - 7:00 pm	Les Mills CORE.....	Chelsea S.	2
6:30 - 7:30 pm	BURN.....	Krisitn K.	C

Friday

6:00 - 6:50 am	HIT Cycle	Mia G.	C
6:00 - 7:00 am	Yoga (Multi - Level).....	Kiara G.	1
8:00 - 9:00 am	Pilates Mat	Therese C.	1
9:00 - 9:45 am	Ballet Burn	Therese C.	2
10:00 - 10:45 am	HIIT + Hardcore	Jody B.	2
10:00 - 11:00 am	Stretch	Samantha G.	1
11:00 - 12:00 pm	Aqua Movement	Samantha G.	P
12:00 - 1:00 pm	BODYPUMP	John N.	2
12:00 - 1:00 pm	Vinyasa Flow Yoga	Erica M.	1
4:00 - 5:00 pm	BODYPUMP	Meg S.	2

Saturday

8:00 - 9:00 am	BODYPUMP	Sophia L.	2
9:00 - 9:50 am	HIT Cycle	Erica S.	C
9:30 - 10:30 am	Pilates Mat	Penny S.	1
10:30 - 11:30 am	Hip Hop/Funk.....	Viola E.	2
10:30 - 11:30 am	BURN.....	Andrew L.	C
11:00 - 12:00 pm	Vinyasa Flow Yoga	Alejandro J.	1

Sunday

8:00 - 8:50 am	HIT Cycle	Julie S.	C
9:00 - 10:00 am	Sports Training.....	Julie S.	2
10:00 - 11:00 am	BURN.....	Kristin K.	C
10:00 - 11:00 am	Aqua TBT.....	Stephanie H.	P
10:15 - 11:15 am	BODYPUMP	Jennifer T.	2
11:00 - 12:00 pm	Vinyasa Flow Yoga	Mary H.	1
11:15 - 11:45 am	Les Mills CORE.....	Jennifer T.	2
1:00 - 2:00 pm	Pilates Mat	Kurt M.	1

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