



Group Fitness Schedule

Effective July 1st, 2025

TIME CLASS INSTRUCTOR / STUDIO

Monday

7:00 - 8:00 am	Boxing Challenge	Ardarius B 1
8:15 - 9:00 am	Body Attack 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
10:45 - 11:45 am	Studio Strength.....	Alex E. 1
11:45 - 12:45 pm	Vinyasa 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
1:00 - 1:45 pm	Stretch	Alex E. 2
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.....	Chelsea S. 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

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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
6:15 - 7:30 pm	Yoga (Multi-Level).....	Kali O. 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	TBD 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

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