



Group Fitness Schedule

Effective July 1st, 2025

TIME CLASS INSTRUCTOR / STUDIO

Monday

7:00 - 8:00 am	BURN. Peter M. B
12:00 - 12:45 pm	HIIT + Hard Core Kat F. 1
12:00 - 1:00 pm	Vinyasa Flow Yoga. Ashley S. 2
1:00 - 1:45 pm	Stretch Ashley S. 2
5:00 - 5:30 pm	HIIT Fran B. 1
5:30 - 6:30 pm	Pilates Mat Penny S. 2
5:45 - 6:30 pm	BODYCOMBAT Express. Jojo Y. 1
5:45 - 6:35 pm	HIT Cycle Jen P. C
7:00 - 8:00 pm	ZUMBA. Cedric T. 1

Tuesday

7:00 - 7:30 am	SPRINT. Laura B. C
12:00 - 1:00 pm	BODYPUMP TBD 1
12:00 - 1:00 pm	Vinyasa Flow Yoga. Selima H. 2
5:15 - 6:00 pm	BODYPUMP Express AJ C. 1
5:30 - 6:20 pm	HIT Cycle. Kat F. C
5:45 - 7:00 pm	Yoga (Multi-Level). Erin A. 2
6:15 - 7:00 pm	BODYATTACK Express. Yessenia A. 1
6:30 - 7:30 pm	BURN. Kat F. B

Wednesday

7:00 - 8:00 am	Yoga (Multi-Level) Laura D. 2
9:00 - 10:00 am	BURN. Journie C. B
11:00 - 11:45 am	Total Body Training Kristin K. 1
12:00 - 1:00 pm	Yoga Sculpt. Laura D. 2
5:00 - 6:00 pm	Vinyasa Flow Yoga. Erin A. 2
5:00 - 6:00 pm	BURN. Kristin K. B
5:15 - 6:15 pm	BODYPUMP Hannah C. 1
6:30 - 7:15 pm	BODYCOMBAT Express Michael C. 1

Thursday

11:00 - 12:00 pm	BURN. Alexis A. B
12:00 - 1:00 pm	Vinyasa Flow Yoga. Laura D. 2
12:30 - 1:00 pm	Abs & Arms. Katie M. 1
4:00 - 5:00 pm	Pilates Fusion. Journie C. 2
5:00 - 6:00 pm	BURN. Journie C. B
5:00 - 6:00 pm	BODYPUMP KB 1
5:30 - 6:30 pm	Yoga (Multi Level) Samantha G. 2
6:15 - 7:15 pm	BODYJAM KB 1

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Friday

7:00 - 8:00 am	BURN. Alexis A. B
7:00 - 8:00 am	Yoga (Multi-Level) Selima H. 2
12:00 - 1:00 pm	Vinyasa Flow yoga. Ashley S. 2
12:00 - 1:00 pm	BURN. Journie C. B
1:15 - 2:00 pm	Stretch. Ashley S. 2

Saturday

9:00 - 9:50 am	HIT Cycle Donna P. C
9:00 - 10:00 am	Pilates Mat Aleta Z. 2
9:30 - 10:30 am	BODYPUMP Hannah C. 1
10:30 - 11:30 am	Vinyasa Flow yoga. Bradshaw W. 2
10:45 - 11:45 am	BODYCOMBAT. Hannah C. 1

Sunday

9:00 - 9:50 am	HIT Cycle John N. C
10:00 - 11:00 am	BODYPUMP John N. 1
10:00 - 11:00 am	Vinyasa Flow Yoga. Laura D. 2
10:30 - 11:30 am	BURN. Journie C. B
11:15 - 12:15 pm	Vinyasa Flow Yoga Renee K. 2

1 = Studio 1 2 = Studio 2
C = Cycle Studio B = BURN Studio

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