



# Group Fitness Schedule

Effective August 1st, 2025

| TIME             | CLASS                    | INSTRUCTOR / STUDIO |
|------------------|--------------------------|---------------------|
| <b>Monday</b>    |                          |                     |
| 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         |

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|-----------------|--------------------------|---------------|
| <b>Tuesday</b>  |                          |               |
| 7:00 - 7:30am   | SPRINT. ....             | Laura B. C    |
| 12:00 - 1:00 pm | BODYPUMP .....           | Jason E. 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      |

|                  |                           |              |
|------------------|---------------------------|--------------|
| <b>Wednesday</b> |                           |              |
| 7:00 - 8:00 am   | SPRINT. ....              | Laura D. 2   |
| 9:00 - 10:00 am  | BURN. ....                | Kristin K. 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 |
| 6:30 - 7:30 pm   | Pilates Fusion. ....      | Lily G. 2    |

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|------------------|--------------------------|---------------|
| <b>Thursday</b>  |                          |               |
| 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. ....     | Kat F. 2      |
| 5:00 - 6:00 pm   | Cycle Fusion. ....       | Kat F. C      |
| 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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| <b>Friday</b>   |                          |                     |
| 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. ....               | Kristin K. B        |
| 1:15 - 2:00 pm  | Stretch. ....            | Ashley S. 2         |

|                  |                         |             |
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| <b>Saturday</b>  |                         |             |
| 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. .... | TBD 2       |
| 10:45 - 11:45 am | BODYCOMBAT. ....        | Hannah C. 1 |

|                  |                         |             |
|------------------|-------------------------|-------------|
| <b>Sunday</b>    |                         |             |
| 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. ....              | Sidney M. B |
| 11:15 - 12:15 pm | Vinyasa Flow Yoga ..... | Renee K. 2  |

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

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