



Group Fitness Schedule

Effective September 1st, 2025

TIME CLASS INSTRUCTOR / STUDIO

Monday

6:00 - 7:00 am	Studio Strength.....	Kristin K. 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 - 10:55 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 - 9:55 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.....	Emma M. 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
1:00 - 1:30 pm	Abs & Arms.....	Emily O. 4
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.....	Kristin K. 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 - 6:55 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 - 10:55 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	Lynn K. 4

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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 Training.....	Kristin K. 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 - 12:55 pm	Aqua TBT.....	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 - 10:55 am	Aqua TBT.....	Robin G. P
10:00 - 10:45 am	Tread & Shred.....	Kristin K. CF
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
11:00 - 12:00 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
10:00 - 10:55 am	Aqua Movement	Robin G. P
10:30 - 11:30 am	Stretch.....	Kathy P. 2
10:30 - 11:30 am	Zumba	Cathy L. G
11:30 - 12:30 pm	BURN.....	Emma M. 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.