



Group Fitness Schedule

Effective September 1st, 2025

Monday

7:00 - 7:30 am	SPRINT	Annie S.	C
7:00 - 8:00 am	Vinyasa Flow Yoga	Kathy P.	4
8:30 - 9:15 am	Power Step	John N.	2
9:00 - 10:00 am	Yoga (Multi-Level)	Samantha G.	4
9:30 - 10:00 am	Abs & Arms	John N.	2
11:00 - 12:00 pm	Pilates Mat	Hayley S.	4
12:00 - 12:50 pm	HIT Cycle	Julie S.	C
4:30 - 5:30 pm	Zumba	Angel S.	2
5:00 - 6:00 pm	Yoga Sculpt	Scott Z.	4
5:30 - 6:20 pm	HIT Cycle	Anna T.	C
5:30 - 6:25 pm	Aqua Movement	Stephanie H.	P
6:00 - 6:45 pm	BODYATTACK Express	Christian S.	2
6:00 - 7:00 pm	Yoga Sculpt	Scott Z.	4
6:30 - 7:00 pm	SPRINT	Alex S.	C
7:00 - 8:00 pm	BODYPUMP	Dee I.	2
7:00 - 8:00 pm	Vinyasa Flow Yoga	Marina B.	4
8:00 - 8:15 pm	Meditation	Marina B.	4

Tuesday

6:00 - 6:50 am	HIT Cycle	Julie S.	C
6:00 - 7:00 am	BODYPUMP	Michaela M.	2
6:30 - 7:30 am	Pilates Fusion	Jenn M.	4
9:00 - 10:00 am	Yoga (Multi-Level)	Matthew A.	4
9:30 - 10:20 am	HIT Cycle	Julie S.	C
10:00 - 10:55 am	Aqua Movement	Kat F.	P
12:00 - 12:45 pm	Tread & Shred	Jody B.	CF
12:00 - 1:00 pm	Vinyasa Flow Yoga	Kali O.	4
4:30 - 5:30 pm	Ballet Burn	Heather H.	2
5:30 - 6:20 pm	HIT Cycle	Jason P.	C
5:45 - 6:15 pm	Les Mills CORE	John N.	2
6:00 - 7:00 pm	Yoga (Multi-Level)	Heather H.	4
6:30 - 7:00 pm	SPRINT	Jen P.	C
6:30 - 7:30 pm	BODYPUMP	John N.	2
7:15 - 8:15 pm	Pilates Mat	Paul R.	4

Wednesday

6:30 - 7:00 am	SPRINT	Jamey D.	C
8:30 - 9:30 am	BODYPUMP	John N.	2
8:30 - 9:30 am	Vinyasa Flow Yoga	Christy P.	4
9:30 - 10:20 am	HIT Cycle	Peter M.	C
10:30 - 11:00 am	Abs & Arms	Peter M.	2
12:00 - 1:00 pm	Vinyasa Flow Yoga	Alejandro J.	4
4:00 - 4:45 pm	HIIT + Hard Core	Michaela M.	2
5:00 - 6:00 pm	BODYPUMP	Jason P.	2
5:15 - 6:05 pm	HIT Cycle	David R.	C
5:30 - 6:30 pm	Pilates Mat	Penny S.	4
6:15 - 7:15 pm	BODYJAM	David R.	2
6:30 - 7:30 pm	Cycle Fusion	Jason P.	C
7:00 - 8:00 pm	Vinyasa Flow Yoga	Erin H.	4

Thursday

6:00 - 7:00 am	Cycle Fusion	Julie S.	C
6:00 - 6:45 am	BODYPUMP Express	Alex S.	2
6:30 - 7:30 am	Pilates Fusion	Jenn M.	4
8:30 - 9:15 am	Stretch	Mindy G.	4
9:30 - 10:30 am	Vinyasa Flow Yoga	Mindy G.	4
10:00 - 10:55 am	Aqua TBT	Bradshaw W.	P
12:00 - 1:00 pm	BODYPUMP	Jason E.	2
3:30 - 4:15 pm	Zumba	Alberto A.	2
4:15 - 5:00 pm	Ballet Burn	Alberto A.	2
5:15 - 5:45 pm	Les Mills CORE	Jason P.	2
5:45 - 6:15 pm	GRIT Strength	Jason P.	2
5:30 - 6:20 pm	HIT Cycle	James S.	C
5:30 - 6:45 pm	Yoga (Multi-Level)	Marina B.	4
6:30 - 7:20 pm	BODYPUMP	Paul R.	2
6:30 - 7:20 pm	HIT Cycle	Anna T.	C

Friday

6:00 - 7:00 am	BODYPUMP	Paul R.	2
7:00 - 7:30 am	SPRINT	Jamey D.	C
7:15 - 8:15 am	Studio Strength	Jess S.	2
7:30 - 8:30 am	Yoga (Multi-Level)	Erin H.	4
8:30 - 9:00 am	Abs & Arms	Jody B.	2
9:15 - 10:15 am	Pilates Mat	Erin H.	4
12:00 - 1:00 pm	Cycle Fusion	Julie S.	C
12:00 - 1:15 pm	Yoga (Multi-Level)	Kali O.	4
4:00 - 5:00 pm	Vinyasa Flow Yoga	Nikki S.	4
4:15 - 5:15 pm	BODYPUMP	Katherine M.	2
5:30 - 6:15 pm	BODYATTACK Express	Nikki S.	2

Saturday

8:00 - 9:00 am	BODYPUMP	Arbie B.	2
8:00 - 9:00 am	Pilates Mat	Hayley S.	4
8:30 - 9:20 am	HIT Cycle	Julie S.	C
9:00 - 10:00 am	Pilates Mat	Hayley S.	4
9:15 - 10:15 am	Power Step	Jody B.	2
9:30 - 10:20 am	HIT Cycle	Julie S.	C
10:00 - 11:15 am	Yoga (Multi-Level)	Kali O.	4
10:30 - 11:30 am	BODYPUMP	Jason P.	2
11:00 - 11:55 pm	Aqua Zumba	Yessenia A.	P
11:45 - 12:15 pm	SPRINT	Jason P.	C
12:00 - 1:00 pm	Vinyasa Flow Yoga	Marina B.	4
12:00 - 1:00 pm	Zumba	Angel S.	2
1:15 - 2:15 pm	Vinyasa Flow Yoga	Marina B.	4

Sunday

8:30 - 9:30 am	Pilates Mat	Penny S.	4
9:00 - 9:30 am	Les Mills CORE	Paul R.	2
9:30 - 10:30 am	BODYPUMP	Paul R.	2
10:00 - 10:50 am	HIT Cycle	Katy A.	C
10:00 - 11:00 am	Hatha Yoga	Erin H.	4
10:45 - 11:45 am	Studio Strength	Michaela M.	2
12:00 - 1:00 pm	Boxing Challenge	Megha K.	2
2:00 - 3:00 pm	Hip Hop Funk / Funk	Viola E.	2

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