



Group Fitness Schedule

Effective November 1, 2025

TIME CLASS INSTRUCTOR / STUDIO

Monday

6:00 - 6:50 am	HIT Cycle	Julie S. C
10:00 - 11:00 am	Barre	Kat F. 2
11:30 - 12:00 pm	Abs & Arms.....	Jody B. 1
12:00 - 12:45 pm	Total Body Training.....	Jody B. 1
5:15 - 6:05 pm	Cycle Fusion.....	Erica S. C
5:30 - 6:45 pm	Vinyasa Flow Yoga	Laura D. 2
6:45 - 7:45 pm	Barre.....	Michaela V. 2

Tuesday

6:00 - 7:00 am	BODYPUMP	Cynthia D. 1
9:30 - 10:15 am	Studio Strength	Traci C. 1
9:30 - 10:30 am	Yoga Sculpt	Carol S. 2
10:30 - 11:30 am	BODYPUMP	Jennifer T. 1
12:00 - 12:30 pm	Row360	Julie S. R
12:30 - 1:00 pm	Tread & Shred	Julie S. CF
5:30 - 6:20 pm	HIT Cycle	Donna P. C
6:00 - 7:00 pm	BODYPUMP	Carli K. 1
6:00 - 7:00 pm	Pilates Mat	Penny S. 2

Wednesday

6:00 - 6:50 am	HIT Cycle	Stacey H. C
9:30 - 10:30 am	Barre Burn	Mindy G. 2
12:00 - 1:00 pm	Pilates Fusion.....	Kat F. 2
1:00 - 2:00 pm	Yoga Sculpt.....	Kat F. 2
5:00 - 5:30 pm	HIIT	Laura D. 1
5:30 - 6:30 pm	Vinyasa Flow Yoga	Laura D. 2
5:45 - 6:30 pm	Row 360.....	Alyssa W. R
6:00 - 7:00 pm	Boxing Challenge	Frank R. 1
6:45 - 7:45 pm	Barre.....	Michaela V. 2

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Thursday

6:00 - 7:00 am	BODYPUMP	Joey H. 1
10:15 - 11:15 am	Pilates Fusion.....	Kat F. 2
11:00 - 11:55 am	Aqua TBT.....	Penny S. P
12:00 - 12:45 am	Row360	Julie S. R
5:00 - 6:00 pm	BODYPUMP	Therese C. 1
5:30 - 6:30 pm	Yoga (Multi-Level).....	Becky R. 2
6:00 - 6:50 pm	HIT Cycle	Traci C. C
6:45 - 7:45 pm	Pilates Mat	Shannon G. 2

Friday

6:15 - 7:00 am	Tread & Shred	Alex E. CF
7:15 - 8:15 am	Studio Strength.....	Alex E. 1
9:30 - 10:20 am	HIT Cycle	Traci C. C
10:00 - 10:30 am	Row360	Julie S. R
10:30 - 11:15 am	Studio Strength.....	Traci P. 1
10:30 - 11:00 am	Tread + Shred	Julie S. CF
11:15 - 12:15 pm	BODYPUMP	Jason E. 1

Saturday

8:00 - 9:00 am	Yoga Sculpt	Scott Z. 2
8:30 - 9:20 am	HIT Cycle	Elliott B. C
9:30 - 10:00 am	Les Mills CORE.....	David R. 1
10:00 - 11:00 am	BODYPUMP	David R. 1
10:30 - 11:15 am	Tread & Shred	Michael S. CF
11:15 - 12:15 pm	Boxing Challenge	Frank R. 1

Sunday

9:00 - 10:00 am	BODYPUMP	Erika S. 1
9:30 - 10:20 am	HIT Cycle	Traci C. C
10:00 - 11:00 am	Barre.....	Aleta Z. 2
10:30 - 11:00 am	Row 360.....	Traci C. R
11:00 - 12:00 pm	Zumba	Cedric T. 1
11:15 - 12:15 pm	Pilates Mat	Aleta Z. 2

1 = Studio 1

R = Row Studio

P = Pool

2 = Studio 2

C = Cycle Studio

CF = Cardio Floor