



Group Fitness Schedule

Effective February 1, 2026

TIME	CLASS	INSTRUCTOR / STUDIO
Monday		
7:00 - 8:00 am	Sports Training	Mackenzie C. 2
8:00 - 8:45 am	Tread & Shred	Mackenzie C. CF
12:00 - 12:50 pm	HIT Cycle	Jennifer T. C
5:00 - 6:00 pm	Pilates Mat	Aleta Z. 3
5:00 - 6:00 pm	Studio Strength	Pete E. 2
5:30 - 6:00 pm	HIT Cycle Express	Libby L. C
6:15 - 7:15 pm	Cycle Fusion	Pete E. C
6:15 - 7:15 pm	Pilates Barre Fusion	Kat F. 1
6:30 - 7:30 pm	BODYPUMP	Katy T. 2
6:30 - 7:30 pm	Yoga (Multi-Level)	Alejandro J. 3

Tuesday		
6:00 - 7:00 am	BODYPUMP	Chelsea S. 2
7:00 - 8:00 am	Vinayasa Flow Yoga	Mindy G. 3
11:00 - 12:00 pm	Studio Strength	Alex E. 2
12:00 - 1:00 pm	Vinyasa Flow Yoga	Erica M. 3
5:00 - 5:45 pm	Total Body Training	Jennifer T. 2
5:30 - 6:30 pm	Pilates Barre Fusion	Aleta Z. 1
5:30 - 6:30 pm	Yoga (Multi-Level)	Therese C. 3
6:00 - 6:50 pm	HIT Cycle	Jennifer T. C
6:30 - 7:30 pm	BODYPUMP	Sophia L. 2
6:45 - 7:45 pm	Yoga Sculpt	Elissa J. 3

Wednesday		
6:00 - 7:00 am	Cycle Fusion	Libby L. C
9:00 - 10:00 am	Yoga (Multi-Level)	Kat F. 3
10:00 - 11:00 am	Pilates Fusion	Kat F. 3
12:00 - 1:00 pm	BODYPUMP	Erika S. 2
12:00 - 1:00 pm	Pilates Fusion	Mindy G. 3
5:15 - 6:15 pm	Cycle Fusion	Erica S. C
5:15 - 6:15 pm	Pilates Mat	Kayce H.B. 3
5:30 - 6:30 pm	BODYPUMP	Cedric T. 2
6:30 - 7:30 pm	Barre	Aleta Z. 1
7:00 - 8:00 pm	Yoga (Multi-Level)	Renee K. 3

TIME	CLASS	INSTRUCTOR / STUDIO
Thursday		
6:00 - 7:00 am	BODYPUMP	Sharon T. 2
12:00 - 12:45 pm	Studio Strength	Kat F. 2
12:00 - 1:00 pm	Barre	Therese C. 1
5:00 - 6:00 pm	Pilates Mat	Kate S. 3
5:30 - 6:20 pm	HIT Cycle	Jonathan S. C
5:30 - 6:30 pm	Barre	Aleta Z. 1
6:15 - 7:15 pm	BODYPUMP	Yessenia A. 2
6:30 - 7:30 pm	Hatha Yoga	Stephanie S. 3

Friday		
10:15 - 11:15 am	Pilates Fusion	Kat F. 3
12:00 - 12:45 pm	HIIT + Hard Core	Jess L. 2
12:00 - 1:00 pm	Ballet Burn	Mindy G. 1
12:30 - 1:30 pm	Yoga Sculpt	Laura D. 3
3:00 - 4:00 pm	Yoga (Multi-Level)	Kristen D. 3

Saturday		
8:30 - 9:30 am	BODYPUMP	Kate K. 2
9:30 - 10:30 am	Yoga (Multi-level)	Kathy P. 3
10:00 - 10:50 am	HIT Cycle	Yessenia A. C
11:00 - 11:30 am	Les Mills CORE	Yessenia A. 2
11:00 - 12:00 pm	Pilates Mat	Aleta Z. 3
12:30 - 1:30 pm	Zumba	Cedric T. 1

Sunday		
9:00 - 9:50 am	HIT Cycle	Torrie M. C
10:00 - 11:00 am	BODYPUMP	Yessenia A. 2
10:30 - 11:30 am	Yoga (Multi-Level)	Gabby K. 3
11:00 - 12:00 am	Pilates Fusion	Kat F. 1
12:00 - 1:00 pm	Barre Burn	Kat F. 1

1 = Studio 1 2 = Studio 2 3 = Studio 3 C = Cycle Studio CF = Cardio Floor

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