



Group Fitness Schedule

Effective February 1, 2026

Monday

| | | | |
|------------------|-------------------------|--------------|---|
| 6:00 - 7:00 am | BODYPUMP Heavy..... | Hayley R. | 2 |
| 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 |
| 10:15 - 11:15 am | BODYPUMP Heavy..... | Nikki S. | 2 |
| 11:00 - 12:00 pm | Pilates Mat..... | Hayley S. | 4 |
| 12:00 - 1:00 pm | Cycle Fusion..... | 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 - 7:20 pm | HIT Cycle..... | Noel D. | 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 (Mult-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

| | | | |
|------------------|------------------------|--------------|---|
| 6:00 - 7:00 am | Pilates Mat..... | Dana R. | 4 |
| 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 |
| 11:15 - 11:45 am | Stretch..... | Alejandro J. | 4 |
| 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 - 6:05pm | 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 - 7:20 pm | HIT Cycle..... | Jen P. | C |
| 7:00 - 8:00 pm | Vinyasa Flow Yoga..... | Erin H. | 4 |
| 7:30 - 8:30 pm | BODYPUMP Heavy..... | Anastasia G. | 2 |

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..... | Ismaila M. | 2 |
| 3:30 - 4:15 pm | Zumba..... | Alberto A. | 2 |
| 4:15 - 5:00 pm | Ballet Burn..... | Alberto A. | 2 |
| 4:30 - 5:30 pm | Pilates Mat..... | Erin H. | 4 |
| 5:15 - 5:45 pm | Les Mills CORE..... | Jason P. | 2 |
| 5:45 - 6:15pm | GRIT Strength..... | Jason P. | 2 |
| 5:30 - 6:20 pm | HIT Cycle..... | James S. | C |
| 5:45 - 6:45 pm | Yoga (Multi-Level)..... | Erin H. | 4 |
| 6:30 - 7:20 pm | BODYPUMP..... | Paul R. | 2 |
| 6:30 - 7:20 pm | HIT Cycle..... | Anna T. | C |
| 7:00 - 8:00 pm | Pilates Mat..... | Dana R. | 4 |

Friday

| | | | |
|-----------------|---------------------------|--------------|---|
| 6:00 - 7:00 am | BODYPUMP..... | Paul R. | 2 |
| 6:00 - 7:00 am | Pilates Fusion..... | Ashley G. | 4 |
| 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 (Mult-Level)..... | Kali O. | 4 |
| 4:00 - 5:00 pm | Vinyasa Flow Yoga..... | Nikki S. | 4 |
| 4:15 - 5:15 pm | BODYPUMP..... | Anastasia G. | 2 |
| 5:30 - 6:15 pm | BODYATTACKExpress..... | 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 (Mult-Level)..... | Kali O. | 4 |
| 10:30 - 11:30 am | BODYPUMP..... | Jason P. | 2 |
| 11:45 - 12:15 pm | SPRINT..... | Jason P. | C |
| 11:30 - 12:30 pm | Vinyasa Flow Yoga..... | TBD. | 4 |
| 12:00 - 1:00 pm | Zumba..... | Angel S. | 2 |
| 12:45 - 1:45 pm | Pilates Mat..... | TBD. | 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 |
| 11:15 - 12:15pm | Pilates Mat..... | Madaleine C. | 4 |
| 12:00 - 1:00 pm | Boxing Challenge..... | Megha K. | 2 |
| 2:00 - 3:00 pm | Hip Hop Funk / Funk..... | Viola E. | 2 |