



Group Fitness Schedule

TIME CLASS INSTRUCTOR / STUDIO

Monday

5:30 – 6:20 am	Studio Cycle	Julie S. C
6:00 – 6:30 am	GRIT Strength	Paul R. 1
6:30 – 7:00 am	HIIT	Julie S. 1
8:30 – 9:30 am	BODYPUMP	Kate K. 1
9:00 – 10:00 am	Pilates Mat	Linda K. 2
9:30 – 10:20 am	Studio Cycle	Patti Z. C
9:30 – 10:30 am	Ballet Burn	Raquel F. 1
10:30 – 11:30 am	Yoga (Multi-Level)	Erica M. 2
12:00 – 12:30 pm	SPRINT	Raquel F. C
12:00 – 1:00 pm	Aqua: Athletic	Lisa H. P
12:00 – 1:30 pm	Vinyasa Flow Yoga	Erica M. 2
4:00 – 5:00 pm	Vinyasa Flow Yoga	Gina S. 2
5:30 – 6:30 pm	BODYPUMP	Sarah R. 1
5:45 – 6:45 pm	Aqua: TBT	Stephanie H. P
5:45 – 7:00 pm	Yoga (Multi-Level)	Brittany Z. 2
6:00 – 6:30 pm	SPRINT	Jason P. C
6:30 – 7:00 pm	CXWORX	Jason P. 1
7:00 – 7:45 pm	BODYATTACK Express	Alyssa O. 1
7:00 – 7:50 pm	Studio Cycle	Stephanie H. C
7:00 – 8:00 pm	Yoga Sculpt	Kraig F. 2
8:00 – 9:15 pm	Hot Room Yoga	Kraig F. 2

Tuesday

6:00 – 6:50 am	Studio Cycle	Suzanne H. C
6:00 – 7:00 am	BODYPUMP	Jennifer T. 1
7:00 – 7:30 am	SPRINT	Jennifer T. C
7:00 – 8:00 am	Yoga (Multi-Level)	Whitney P. 2
8:15 – 8:45 am	GRIT Strength	Nikki S. 1
8:30 – 9:20 am	Studio Cycle	Jennifer T. C
8:45 – 9:15 am	CXWORX	Nikki S. 1
9:30 – 10:30 am	Pilates Mat	Brock C. 2
9:30 – 10:30 am	Studio Strength	Lisa H. 1
10:30 – 11:30 am	Yoga Sculpt	Raquel F. 2

TIME CLASS INSTRUCTOR / STUDIO

12:00 – 1:00 pm	Ashtanga Power Yoga	Mary K. 2
4:30 – 5:30 pm	Cardio Sculpt	Lisa H. 1
5:30 – 6:15 pm	BODYCOMBAT Express	Jojo Y. 1
5:45 – 7:00 pm	Vinyasa Flow Yoga	Maggie C. 2
6:30 – 7:20 pm	Studio Cycle	Jennifer T. C
6:30 – 7:30 pm	BODYPUMP	Nikki S. 1
7:00 – 8:00 pm	Yoga Sculpt	Paul R. 2
8:00 – 9:00 pm	Pilates Mat	Paul R. 2

Wednesday

6:00 – 7:00 am	Yoga Sculpt	Angelica C. 2
6:00 – 6:50 am	Studio Cycle	Stephanie B.J. C
6:00 – 7:00 am	Total Body Training	Erin H. 1
8:15 – 9:00 am	BODYPUMP Express	Nikki S. 1
8:30 – 9:30 am	Yoga Sculpt	Samantha M. 2
9:00 – 9:30 am	BODYATTACK Express	Nikki S. 1
9:30 – 10:30 am	Total Body Training	Kaitlyn F. 1
9:30 – 11:00 am	Yoga (Multi-Level)	Samantha M. 2
12:00 – 12:50 pm	Studio Cycle	Mark M. C
12:00 – 1:00 pm	Pilates Mat	Brock C. 2
12:00 – 1:00 pm	Aqua: TBT	Lisa H. P
4:00 – 5:00 pm	Vinyasa Flow Yoga	Gina S. 2
5:15 – 6:00 pm	BODYPUMP Express	Jennifer T. 1
6:00 – 6:30 pm	GRIT Cardio	Jojo Y. 1
6:00 – 6:30 pm	SPRINT	Nikki S. C
6:00 – 7:00 pm	Aqua: TBT	Lisa H. P
6:00 – 7:15 pm	Yoga (Multi-Level)	Kali O. 2
6:30 – 7:00 pm	CXWORX	Jennifer T. 1
7:00 – 8:00 pm	BODYJAM	Nikki S. 1

1 = Studio 1

2 = Studio 2

P = Pool

C = Cycle Studio

TIME CLASS INSTRUCTOR / STUDIO

Thursday

6:00 – 6:50 am	Studio Cycle	Mark M. C
6:00 – 7:00 am	Total Body Training	Suzanne H. 1
6:00 – 7:00 am	Yoga (Multi-Level)	Rebecca D. 2
9:00 – 10:00 am	Cardio Sculpt	Raquel F. 1
9:30 – 10:00 am	SPRINT	Nikki S. C
10:00 – 10:30 am	CXWORX	Nikki S. 1
10:30 – 11:30 am	Yoga (Multi-Level)	Erica M. 2
12:00 – 12:30 pm	BODYPUMP Express	Nikki S. 1
12:00 – 1:15 pm	Vinyasa Flow Yoga	Annie B. 2
12:30 – 1:00 pm	GRIT Athletic	Nikki S. 1
4:15 – 5:15 pm	Yoga Sculpt	Chelsea W. 2
5:00 – 5:30 pm	Hard Core	Lisa H. 1
5:30 – 6:20 pm	Studio Cycle	Chelsea W. C
5:30 – 6:30 pm	Studio Strength	Lisa H. 1
5:30 – 6:45 pm	Ashtanga Power Yoga	Mary K. 2
6:30 – 7:30 pm	Boxing Challenge	Isaiah S. 1
6:45 – 8:00 pm	Vinyasa Flow Yoga	Stephanie S. 2

Friday

5:30 – 6:00 am	Studio Strength Express	Julie S. 1
6:00 – 6:50 am	Studio Cycle	Julie S. C
6:00 – 7:00 am	BODYPUMP	Jane G. 1
6:00 – 7:00 am	Hatha Yoga	Ken C. 2
7:00 – 7:30 am	SPRINT	Jane G. C
8:45 – 9:15 am	CXWORX	Sarah R. 1
9:00 – 10:00 am	Pilates Mat	Brock C. 2
9:30 – 10:20 am	Studio Cycle	Sarah R. C
10:30 – 11:30 am	Aqua: TBT	Lisa H. P
10:30 – 11:30 am	BODYPUMP	Nicolle O. 1
11:00 – 12:30 pm	Yoga (Multi-Level)	Shauna B. 2
12:00 – 1:00 pm	Cardio Sculpt	Lisa H. 1
12:30 – 1:45 pm	Yin Yoga	Ken C. 2
4:00 – 5:00 pm	Vinyasa Flow Yoga	Gina S. 2
4:45 – 5:15 pm	HIIT	Lisa H. 1
5:00 – 6:00 pm	Yin Yoga	Gina S. 2
5:15 – 6:00 pm	Hard Core	Lisa H. 1

TIME CLASS INSTRUCTOR / STUDIO

Saturday

8:00 – 8:50 am	Studio Cycle	Michel F. C
8:15 – 9:15 am	Aqua: TBT	Meg M. P
8:30 – 9:30 am	Boxing Challenge	Frank R. 1
9:00 – 9:50 am	Studio Cycle	Michel F. C
9:00 – 10:00 am	Yoga Sculpt	Meghan G. 2
9:30 – 10:00 am	GRIT Strength	Jojo Y. 1
10:00 – 10:30 am	CXWORX	Jennifer T. 1
10:00 – 11:00 am	Yoga (Multi-Level)	Ken C. 2
10:30 – 11:30 am	BODYJAM	Nikki S. /Jojo Y. 1
11:00 – 12:00 pm	Vinyasa Flow Yoga	Ken C. 2
11:30 – 12:30 pm	Total Body Training	Raquel F. 1
12:00 – 1:00 pm	Pilates Mat (Advanced)	Linda K. 2
12:30 – 1:30 pm	Hip Hop/Funk	Viola E. 1
1:00 – 2:00 pm	Yoga Sculpt	Kraig F. 2
1:30 – 2:30 pm	Ballet Burn	Jillian R. 1
2:00 – 3:30 pm	Hot Room Yoga	Kraig F. 2
3:00 – 4:00 pm	BODYPUMP	Krissy C. 1

Sunday

8:00 – 9:00 am	Total Body Training	Suzanne H. 1
8:00 – 9:30 am	Vinyasa Flow Yoga	Whitney P. 2
9:00 – 9:45 am	BODYATTACK Express	Linda R. 1
9:00 – 9:50 am	Studio Cycle	Suzanne H. C
9:45 – 10:45 am	BODYPUMP	Linda R. 1
10:45 – 11:15 am	SPRINT	Jennifer T. C
10:45 – 11:45 am	BODYCOMBAT	Hannah C. 1
11:00 – 12:00 pm	Aqua: Athletic	Christina B. P
12:00 – 1:30 pm	Yoga (Multi-Level)	Ken C. 2
1:00 – 2:00 pm	Ballet Burn	Linda K. 1
1:30 – 2:00 pm	Meditation	Ken C. 2
2:00 – 3:00 pm	Pilates Mat	Linda K. 2
4:00 – 5:30 pm	Yin Yoga	Ken C. 2
5:00 – 5:50 pm	Studio Cycle	Stephanie H. C
6:00 – 7:00 pm	Vinyasa Flow Yoga	Brittany Z. 2