



Group Fitness Schedule

Effective November 1st, 2023

TIME	CLASS	INSTRUCTOR / STUDIO
Monday		
9:30 - 10:30 am	Vinyasa Flow Yoga.....	Kali O. 3
12:00 -12:50 pm	HIT Cycle	Jennifer T. C
5:00 - 6:00 pm	Ballet Burn	Therese C. 1
5:00 - 6:00 pm	Pilates Mat	Aleta Z. 3
5:30 - 6:00 pm	SPRINT	Alexis A. C
6:15 - 7:15 pm	Zumba	Kat F. 1
6:30 - 7:30 pm	BODYPUMP	Cheryl N. 2
6:30 - 7:30 pm	Yoga (Multi-Level)	Michelle Y. 3

Tuesday		
6:00 - 7:00 am	BODYPUMP	Amy S. 2
7:00 - 8:00 am	Vinyasa Flow Yoga.....	Mindy G. 3
12:00 - 12:45 pm	Tread and Shred.....	Stephanie B.J. CF
5:00 - 5:45 pm	Total Body Training Express	Jennifer T. 2
5:30 - 6:30 pm	Yoga (Multi-Level)	Therese C. 3
6:00 - 6:50 pm	HIT Cycle	Jennifer T. C
6:00 - 7:00 pm	Boxing Challenge	Sam F. 2

Wednesday		
9:30 - 10:30 am	Vinyasa Flow Yoga.....	Kat F. 3
12:00 - 1:00 pm	BODYPUMP	Stephanie B.J. 2
5:00 - 6:00 pm	BARRE Burn	Jen W. 1
5:30 - 6:30 pm	BODYPUMP	Paul R. 2
6:00 - 6:50 pm	HIT Cycle	Erica S. C
7:00 - 8:00 pm	Yoga (Multi-Level)	Renee K. 3

Thursday		
6:00 - 7:00 am	BODYPUMP	Amy S. 2
9:00 - 10:00 am	Pilates Mat	Penny S. 3
12:00 - 1:00 pm	Total Body Training Express	Kat F. 2
12:00 - 1:00 pm	Barre	Therese C. 1
5:00 - 6:00 pm	Yoga (Multi-Level)	Kali O. 3
5:30 - 6:20 pm	HIT Cycle	Jonathan S. C
6:15 - 7:15 pm	BODYPUMP	Yessenia A. 2

TIME	CLASS	INSTRUCTOR / STUDIO
Friday		
9:00 - 10:00 am	Vinyasa Flow Yoga.....	Ashley S. 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

Saturday		
8:30 - 9:30 am	BODYPUMP	Meagan P. 2
9:30 - 10:30 am	Yoga (Multi-level).....	Kathy P. 3
10:00 - 10:50 am	HIT Cycle	Breanne L. C

Sunday		
10:00 - 11:00 am	BODYPUMP	K.B. 2
10:30 - 11:30 am	Yoga (Multi-Level)	Gabby K. 3
12:00 - 1:00 pm	Ballet Burn	Kat F. 1

1 = Studio 1 (1st Floor) **3 = Studio 3 (3rd Floor)**
2 = Studio 2 (2nd Floor) **C = Cycle Studio**

Schedules subject to change. Please refer to CAC's new app for updates.