



Group Fitness Schedule

Effective November 1st, 2023

TIME	CLASS	INSTRUCTOR / STUDIO
Monday		
6:00 - 7:00 am	BODYPUMP	Raquel F. 4
9:15 - 10:05 am	HIT Cycle	Lynn K. C
10:00 - 11:00 am	Aqua Movement	Penny S. P
10:15 - 10:45 am	BODYPUMP Express	Lynn K. 4
11:00 - 12:00 pm	Functional Strength 10 Stretch	Robin G. 4
12:00 - 1:00 pm	Vinyasa Flow Yoga	Ken C. 2
5:30 - 6:00 pm	SPRINT	Cecelia W. C
6:30 - 7:30 pm	Hip Hop/Funk	Viola E. 4

Tuesday		
7:00 - 8:00 am	Yoga (Multi-Level)	Rebecca D. 2
9:00 - 10:00 am	Aqua Movement	Robin G. P
9:30 - 10:30 am	TRX	Julie L. 4
9:30 - 10:30 am	Yoga Sculpt	Mindy G. 2
11:00 - 12:00 pm	Yoga Beginner	John L. 2
5:30 - 6:20 pm	HIT Cycle	Cathy L. C
5:30 - 6:30 pm	Pilates Mat	Niki M.H. 2

Wednesday		
6:00 - 7:00 am	Total Body Training	Rico B. 4
9:00 - 10:00 am	Vinyasa Flow Yoga	Lauren T. 2
9:30 - 10:00 am	SPRINT	Jennifer T. C
9:30 - 10:30 am	Zumba	Suzy C. G
10:15 - 10:45 am	Les Mills CORE	Jennifer T. 4
11:00 - 12:00 pm	Functional Strength + Stretch	Robin G. 4
6:00 - 7:00 pm	BODYPUMP	Lynn K. 4
6:00 - 7:00 pm	Aqua TBT	Robin G. P

Thursday		
7:00 - 8:00 am	Vinyasa Flow Yoga	Rebecca D. 2
9:30 - 10:30 am	Nia	Myrna W. G
9:30 - 10:30 am	BODYPUMP	Raquel F. 4
9:30 - 10:30 am	Yoga (Multi-Level)	Kathy P. 2
10:45 - 11:45 am	Total Body Training	Julie L. 4
12:00 - 12:45 pm	Stretch	Julie L. 2
5:30 - 6:30 pm	Pilates Mat	Suzy C. 2
6:00 - 6:45 pm	HIIT + Hard Core	Cylie M. 4

TIME	CLASS	INSTRUCTOR / STUDIO
Friday		
6:00 - 7:00 am	BODYPUMP	Laura B. 4
9:30 - 10:20 am	HIT Cycle	Lynn K. C
9:30 - 10:30 am	Sports Conditioning	Raquel F. 4
9:30 - 10:30 am	Zumba	Rhonda S. G
10:30 - 11:30 am	Yoga (Beginner)	Ken C. 2
10:45 - 11:30 am	BODYPUMP Express	Lynn K. 4
12:00 - 1:00 pm	Aqua Movement	Suzy C. P
1:00 - 2:00 pm	Gentle Pilates	Rena S. 2
5:30 - 6:30 pm	Hip Hop/Funk	Viola E. 4

Saturday		
9:00 - 10:00 am	Pilates Mat	Niki M.H. 2
9:30 - 10:30 am	Total Body Training	Katy A. 4
10:00 - 11:00 am	Aqua TBT	Robin G. P
10:30 - 11:30 am	Yoga Sculpt	Beth G. 2
10:30 - 11:30 am	Nia	Myrna W. G
10:45 - 11:45 am	TRX	Julie L. 4
1:00 - 2:00 pm	Yin Yoga	Lauren T. 2

Sunday		
8:30 - 9:20 am	HIT Cycle	Vlad B. C
9:30 - 10:30 am	BODYPUMP	Vlad B. 4
10:00 - 11:00 am	Aqua Movement	Robin G. P
10:30 - 11:30 am	Zumba	Cathy L. G
11:30 - 12:30 pm	Pilates Mat	Penny S. 2
12:45 - 1:45 pm	Vinyasa Flow Yoga	Kali O. 2

2 = Studio 2 **4 = Studio 4**
P = Pool **C = Cycle Studio**

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