



Group Fitness Schedule

Effective November 1st, 2023

TIME	CLASS	INSTRUCTOR / STUDIO
Monday		
7:00 - 7:30 am	SPRINT	Laura B. C
7:00 - 8:00 am	Vinyasa Flow Yoga	Kathy P. 4
8:30 - 9:15 am	Power Step	John N. 2
9:30 - 10:00 am	Abs & Arms	Katie D. 2
12:00 - 12:50 pm	HIT Cycle	Julie S. C
4:30 - 5:30 pm	Zumba	Angel S. 2
5:30 - 6:20 pm	HIT Cycle	Amy S. C
5:30 - 6:30 pm	Yoga Sculpt	Scott Z. 4
6:00 - 6:45 pm	BODYATTACK Express	Nikki S. 2
6:30 - 7:00 pm	SPRINT	Amy S. C
7:00 - 8:00 pm	BODYPUMP	Stephanie B.J. 2
7:00 - 8:00 pm	Vinyasa Flow Yoga	Marina B. 4

Tuesday		
6:00 - 6:50 am	HIT Cycle	Julie S. C
6:00 - 7:00 am	BODYPUMP	Michaela M. 2
9:30 - 10:20 am	HIT Cycle	Julie S. C
10:00 - 11:00 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	Amy S. 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	Jason P. C
6:30 - 7:30 pm	BODYPUMP	John N. 2
7:15 - 8:15 pm	Pilates Mat	Paul R. 4

Wednesday		
6:30 - 7:00 am	SPRINT	Jamey D. C
8:30 - 9:45 am	Vinyasa Flow Yoga	Bradshaw W. 4
9:30 - 10:20 am	HIT Cycle	Katie D. C
11:00 - 11:30 pm	Abs & Arms	Katie D. 2
12:00 - 1:00 pm	Vinyasa Flow Yoga	Bradshaw W. 4
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	Jason P. C
7:00 - 8:00 pm	Vinyasa Flow Yoga	Kenyatta D. 4

2 = Studio 2 4 = Studio 4 CF = Cardio Floor
 C = Cycle Studio P = Pool

TIME	CLASS	INSTRUCTOR / STUDIO
Thursday		
6:00 - 6:50 am	HIT Cycle	Julie S. C
6:00 - 7:00 am	BODYPUMP	Katie D. 2
9:30 - 10:30 am	Vinyasa Flow Yoga	Mindy G. 4
10:00 - 11:00	Aqua TBT	Bradshaw W. P
12:00 - 1:00 pm	BODYPUMP	Amy S. 2
3:30 - 4:15 pm	Zumba	Alberto A. 2
4:30 - 5:15 pm	Ballet Burn	Alberto A. 2
5:30 - 6:00pm	GRIT Strength	Jason P. 4
5:30 - 6:20 pm	HIT Cycle	James S. C
5:30 - 6:45 pm	Yoga (Multi-Level)	Jen W. 2
6:00 - 6:45 pm	Aqua Zumba	Austin M. P
6:30 - 7:30 pm	BODYPUMP	Paul R. 2

Friday		
6:00 - 7:00 am	BODYPUMP	Erika S. 2
7:00 - 7:30 am	SPRINT	Jamey D. C
8:30 - 9:00 am	Abs & Arms	Jody B. 2
9:15 - 10:15 am	Pilates Mat	Emma K. 4
12:00 - 12:50 pm	HIT Cycle	Julie S. C
12:00 - 1:00 pm	Yoga (Multi-Level)	Kali O. 4
5:30 - 6:15 pm	BODYATTACK Express	Christian S. 2

Saturday		
8:00 - 9:00 am	BODYPUMP	Stephanie B.J. 2
8:30 - 9:20 am	HIT Cycle	Julie S. C
8:30 - 9:30 am	Pilates Mat	Hayley R. 4
9:15 - 10:15 am	Power Step	Jody B. 2
9:30 - 10:20 am	HIT Cycle	Julie S. C
10:00 - 11:00 am	Vinyasa Flow Yoga	Kali O. 4
10:30 - 11:30 am	BODYPUMP	Jason P. 2
11:00 - 12:00 pm	Aqua Zumba	Yessenia A. P
11:45 - 12:15 pm	SPRINT	Jason P. C
12:00 - 1:00 pm	Vinyasa Flow Yoga	Bradshaw W. 4
12:00 - 1:00 pm	Zumba	Angel S. 2

Sunday		
8:30 - 9:30 am	Pilates Mat	Penny S. 4
9:30 - 10:30 am	BODYPUMP	Paul R. 2
10:00 - 10:50 am	HIT Cycle	Anna T. C
10:00 - 11:00 am	Hatha Yoga	Lauren T. 4
10:45 - 11:45 am	Studio Strength	Michaela M. 2
12:00 - 1:00 pm	Boxing Challenge	Garret W. 2
2:00 - 3:00 pm	Hip Hop Funk / Funk	Viola E. 2