



Group Fitness Schedule

Effective November 1st, 2023

TIME	CLASS	INSTRUCTOR / STUDIO
Monday		
6:00 - 6:50 am	HIT Cycle	Julie S. C
12:00 - 12:45 pm	HIIT + Hard Core.....	Jody B. 1
4:30 - 5:30 pm	BODYATTACK.....	Amelia L. 1
5:30 - 6:15 pm	Aqua Zumba	Yessenia A. P
5:30 - 6:30 pm	Vinyasa Flow Yoga.....	Laura D. 2
5:45 - 6:45 pm	BODYPUMP	Kelsee W. 1

TIME	CLASS	INSTRUCTOR / STUDIO
Tuesday		
6:00 - 6:45 am	BODYPUMP Express	Rico B. 1
9:30 - 10:15 am	HIIT + Hard Core.....	Ismaila M. 1
10:30 - 11:30 am	BODYPUMP	Katie D. 1
12:00 - 12:30 pm	Row360	Julie S. R
5:30 - 6:20 pm	HIT Cycle	Donna P. C
6:00 - 7:00 pm	BODYPUMP	Yiyi W. 1
6:00 - 7:00 pm	Pilates Mat	Penny S. 2

TIME	CLASS	INSTRUCTOR / STUDIO
Wednesday		
6:00 - 6:50 am	HIT Cycle	Stacey H. C
9:30 - 10:30 am	Barre Burn.....	Mindy G. 2
11:15 - 11:45 pm	GRIT Strength	Amelia L. 1
12:00 - 12:50 pm	HIT Cycle	Amelia L. C
5:00 - 5:30 pm	HIIT	Laura D. 1
5:30 - 6:30 pm	Vinyasa Flow Yoga.....	Laura D. 2
5:45 - 6:30 pm	Row 360.....	Michaela M. R
6:00 - 7:00 pm	Boxing Challenge	Frank R. 1

TIME	CLASS	INSTRUCTOR / STUDIO
Thursday		
6:00 - 7:00 am	BODYPUMP	Joey H. 1
11:00 - 12:00 pm	Aqua TBT.....	Penny S. P
12:00 - 12:45 am	Row360	Julie S. R
12:00 - 1:00 pm	Zumba.....	Alberto A. 1
5:30 - 6:30 pm	Yoga (Multi-Level)	Becky R. 2
6:00 - 7:00 pm	Total Body Training	Kathleen F. 1
6:00 - 6:50 pm	HIT Cycle	Stefania B. C

TIME	CLASS	INSTRUCTOR / STUDIO
Friday		
9:30 - 10:20 am	HIT Cycle	Traci C. C
10:30 - 11:00 am	Row360	Julie S. R
11:00 - 12:00 pm	BODYPUMP	Amelia L. 1
12:00 - 1:00 pm	Yoga (Multi-Level)	Jen W. 2

TIME	CLASS	INSTRUCTOR / STUDIO
Saturday		
8:00 - 9:00 am	Yoga Sculpt	Scott Z. 2
8:30 - 9:20 am	HIT Cycle	David R. C
9:30 - 10:00 am	Les Mills CORE.....	David R. 1
10:00 - 11:00 am	BODYPUMP	David R. 1
10:30 - 11:15 am	Tread & Shred	Michael S. CF
11:15 - 12:15 pm	Boxing Challenge	Frank R. 1

TIME	CLASS	INSTRUCTOR / STUDIO
Sunday		
9:00 - 10:00 am	BODYPUMP	Erika S. 1
9:30 - 10:20 am	HIT Cycle	Traci C. C
10:00 - 11:00 am	Barre	Ashley G. 2
10:30 - 11:00 am	Row 360.....	Traci C. R
11:15 - 12:15 pm	Pilates Mat	Aleta Z. 2

1 = Studio 1	R = Row Studio	P = Pool
2 = Studio 2	C = Cycle Studio	CF = Cardio Floor

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