



Group Fitness Schedule

Effective November 1st, 2023

TIME	CLASS	INSTRUCTOR / STUDIO
Monday		
12:00 - 12:45 pm	HIIT + Hard Core	Kat F. 2
12:00 - 1:00 pm	Vinyasa Flow Yoga	Ashley S. 2
5:00 - 5:30 pm	HIIT	Michaela M. 1
5:30 - 6:30 pm	Pilates Mat	Penny S. 2
5:45 - 6:30 pm	BODYCOMBAT Express	Jojo Y. 1
5:45 - 6:35 pm	HIT Cycle	Jen P. C

Tuesday		
12:00 - 1:00 pm	BODYPUMP	Amelia L. 1
12:00 - 1:00 pm	Vinyasa Flow Yoga	Erica M. 2
5:00 - 6:00 pm	BODYPUMP	Hannah C. 1
5:30 - 6:20 pm	HIT Cycle	Kat F. C
5:45 - 7:00 pm	Yoga (Multi-Level)	Samantha G. 2
6:15 - 7:00 pm	BODYATTACK Express	Amelia L. 1

Wednesday		
7:00 - 8:00 am	Yoga (Multi-Level)	Laura D. 2
12:00 - 12:45 pm	BODYPUMP Express	Nichole B. 1
12:00 - 1:00 pm	Yoga Sculpt	Laura D. 2
5:00 - 6:00 pm	Vinyasa Flow Yoga	Kathleen M. 2
5:30 - 6:15 pm	BODYPUMP Express	Meagan P. 1
6:15 - 7:15 pm	BODYBALANCE	Nikki S. 2
6:30 - 7:15 pm	BODYCOMBAT Express	Hannah C. 1

Thursday		
12:00 - 12:30 pm	GRIT Strength	Alexis A. 1
12:00 - 12:50 pm	HIT Cycle	Jennifer T. C
12:00 - 1:00 pm	Vinyasa Flow Yoga	Laura D. 2
5:00 - 6:00 pm	BODYPUMP	KB 1
5:30 - 6:30 pm	Yoga (Multi Level)	Kayce H.B. 2
6:00 - 6:50 pm	HIT Cycle	Erica S. C
6:15 - 7:15 pm	BODYJAM	KB 1

TIME	CLASS	INSTRUCTOR / STUDIO
Friday		
7:00 - 8:00 am	Yoga (Multi-Level)	Kathy P. 2
9:15 - 10:00 am	Tread and Shred	Stephanie B.J. CF
12:00 - 1:00 pm	Vinyasa Flow yoga	Rachel K. 2
12:00 - 1:00 pm	Total Body Training	Stephanie B.J. 1

Saturday		
9:00 - 9:50 am	HIT Cycle	Donna P. C
9:00 - 10:00 am	Pilates Mat	Kayce H.B. 2
9:30 - 10:30 am	BODYPUMP	Hannah C. 1
10:30 - 11:30 am	Vinyasa Flow yoga	Bradshaw W. 2
10:45 - 11:45 am	BODYCOMBAT	Hannah C. 1

Sunday		
9:00 - 9:50 am	HIT Cycle	John N. C
10:00 - 11:00 am	BODYPUMP	John N. 1
10:00 - 11:00 am	Vinyasa Flow yoga	Laura D. 2

1 = Studio 1
 C = Cycle Studio 2 = Studio 2 CF = Cardio Floor

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

Thursday- Class Add-6:00-6:50pm HIT Cycle with Erica S. in studio C