Effective November 1, 2026

# Group Fitness Schedule

## MONDAY

| | | | |
|---|---|---|---|
| 6:00–7:00am | Studio Strength | Kathryn M. | 4 |
| 8:15–9:15am | Vinyasa Flow Yoga | Rebecca D. | 2 |
| 9:00–10:00am | Ballet Burn | Emily O. | 4 |
| 9:15–10:05am | HIT Cycle | Vlad B. | C |
| 9:30–10:30 am | Pilates Mat | Suzy C. | 2 |
| 10:00–10:55am | Aqua Movement | Penny S. | P |
| 10:15–10:45am | BODYPUMP Express | Vlad B. | 4 |
| 11:00–12:00pm | Functnl Strngth & Strtch | Robin G. | 4 |
| 12:00–1:00pm | Vinyasa Flow Yoga | Ken C. | 2 |
| 5:45–6:15pm | Les Mills CORE | Cecelia W. | 4 |
| 6:30–7:30pm | Hip Hop Funk | Viola E. | 4 |
| 6:30–7:00pm | SPRINT | Cecelia W. | C |

## TUESDAY

| | | | |
|---|---|---|---|
| 7:00–8:00am | Yoga Multi-Level | Rebecca D. | 2 |
| 9:00–9:55am | Aqua Movement | Robin G. | P |
| 9:30–10:30am | TRX | Julie L. | 4 |
| 9:30–10:30am | Yoga Sculpt | Mindy G. | 2 |
| 10:45–11:45am | BURN | Kathryn M. | B |
| 10:45–11:45am | Fnctnl Strngth & Strtch | Julie L. | 4 |
| 11:00–12:00pm | Beginner Yoga | John L. | 2 |
| 12:00–12:30pm | BODYPUMP Express | Emily O. | 4 |
| 12:15–1:15pm | Pilates for Buff Bones® | Rena S. | 2 |
| 5 :30-6 :30pm | BODYPUMP | Borislava M. | 4 |
| 5:30–6:30pm | Pilates Mat | Niki M. H. | 2 |
| 6:00–7:00pm | BURN | Cathy L. | B |

## WEDNESDAY

| | | | |
|---|---|---|---|
| 6:00–7:00am | BODYPUMP | Katy T. | 4 |
| 9:00–10:00am | BODYPUMP Heavy | Vlad B. | 4 |
| 9:00–10:00am | Vinyasa Flow Yoga | Paul W. | 2 |
| 9:30–10:00am | SPRINT | Jennifer T. | C |
| 9:30–10:30am | Zumba | Suzy C. | G |
| 10:15–10:45am | Les Mills CORE | Jennifer T. | 4 |
| 10:15–11:15am | Pilates Mat | Kris M. | 2 |
| 11:00–12:00pm | Fnctnl Strngth & Strtch | Robin G. | 4 |
| 6:00–6:55pm | Aqua TBT | Robin G. | P |
| 6:00–7:00pm | BODYPUMP | Emma M. | 4 |
| 6:30–7:30pm | Stretch | Kathryn M. | 2 |

## THURSDAY

| | | | |
|---|---|---|---|
| 7:00-8:00am | Vinyasa Flow Yoga | Kathy P. | 2 |
| 9:30–10:30am | BODYPUMP | Mila C. | 4 |
| 9:30-10:30am | BURN | Julie L. | B |
| 9:30-10:30am | Nia | Myrna W. | G |
| 9:30–10:30am | Yoga (Multi-Level) | Kathy P. | 2 |
| 10:00–10:55am | Aqua TBT | Lisa H. | P |
| 10:30-10:45am | Meditation | Kathy P. | 2 |
| 10:45–11:45am | Total Body Training | Julie L. | 4 |
| 12:00–12:45pm | Stretch | Julie L. | 2 |
| 5:30–6:15pm | BODYPUMP Express | Emma M. | 4 |

## FRIDAY

| | | | |
|---|---|---|---|
| 6:00–7:00am | BODYPUMP | Cecelia W. | 4 |
| 9:30–10:20am | HIT Cycle | Elliott B. | C |
| 9:30–10:30am | Studio Strength | Emily O. | 4 |
| 9:30–10:30am | Zumba | Rhonda S. | G |
| 10:30–11:30am | Beginner Yoga | Ken C. | 2 |
| 10:45–11:45am | BODYPUMP | Vlad B. | 4 |
| 12:00–12:55pm | Aqua TBT | Lisa H. | P |
| 12:00–1:00pm | Fnctnl Strngth & Strtch | Robin G. | 4 |
| 1:00–2:00pm | Gentle Pilates | Rena S. | 2 |

## SATURDAY

| | | | |
|---|---|---|---|
| 9:00-10:00am | Yoga (Multi-Level) | Margie N. | 2 |
| 9:15–10:15am | Total Body Training | Katy A. | 4 |
| 9:30–10:30am | BURN | Julie L. | B |
| 10:00–10:55am | Aqua TBT | Robin G. | P |
| 10:30-11:30am | Pilates Fusion | Kris M. | 2 |
| 10:30–11:30am | Nia | Myrna W. | G |
| 10:45–11:45am | TRX | Julie L. | 4 |
| 11:30–12:30pm | Pilates Mat | Kris M. | 2 |
| 12:00–1:00pm | BODYPUMP Heavy | Emma M. | 4 |

## SUNDAY

| | | | |
|---|---|---|---|
| 8:30–9:20am | HIT Cycle | Vlad B. | C |
| 9:30–10:30am | BODYPUMP | Vlad B. | 4 |
| 10:00–10:55am | Aqua Movement | Robin G. | P |
| 10:30–11:30am | Stretch | Kathy P. | 2 |
| 10:30–11:30am | Zumba | Cathy L. | G |
| 11:00–11:45am | CEREMONY HYROX | Emma M. | 4 |
| 11:30–12:30pm | Pilates Mat | Penny S. | 2 |
| 12:45–2:00pm | Yoga Multi-Level | Kali O. | 2 |