Effective November 1, 2026

Group Fitness Schedule

MONDAY

6:00–6:50am	HIT Cycle	Fran B.	C
6:00–7:00am	Yoga Multi-Level	Samantha G.	1
6:30–7:15am	CEREMONY HYROX	Jess S.	2
9:30–10:30am	BURN	Julie S.	C
10:30–11:00am	Les Mills CORE	TBD	2
12:00–1:00pm	Yoga (Multi-Level)	Laura D.	1
4:30–5:15pm	BODYPUMP Heavy	Therese C.	2
4:30–5:30pm	BURN	Peter M.	C
5:30–6:30pm	BODYPUMP	Alex S.	2
5:30–6:20pm	HIT Cycle	Peter M.	C
5:30–6:30pm	Pilates Fusion	Lily G.	1
6:30–7:15pm	BURN Express	Peter M.	C
6:30–7:45pm	Vinyasa Flow Yoga	Kali O.	1

TUESDAY

6:00–7:00am	BODYPUMP	Therese C.	2
6:00–7:00am	BURN	Dana R.	C
7:00–8:00am	Vinyasa Flow Yoga	Mary H.	1
9:00–10:00am	Yoga Sculpt	Therese C.	1
9:30–10:00am	Abs + Arms	George A.	2
10:00–10:45am	Total Body Training	Tanner B.	2
12:00–1:00pm	Pilates Mat	Erin H.	1
4:30–5:30pm	BURN	Sophia S.	C
5:00–5:45pm	BODYPUMP Express	Paul R.	2
5:00–6:00pm	Yoga Multi-Level	Erin H.	1
6:00–7:00pm	Boxing Challenge	Megha K.	2
6:30–7:30pm	BURN	Sophia S.	C
6:30–7:30pm	Vinyasa Flow Yoga	Mary H.	1
7:15-8:15pm	BODYPUMP	Katherine M.	2

WEDNESDAY

6:00–6:50am	HIT Cycle	Jamie R.	C
6:00–7:00am	Sports Training	Julie S.	2
6:30–7:30am	Pilates Fusion	Lily G.	1
7:00–8:00am	BURN	Jamie R.	C
8:00–9:00am	Studio Strength	Alexander E.	2
9:00–10:00am	Stretch	Steve W.	1
9:30–10:30am	BURN	Julie S.	C
10:00–10:55am	Aqua Movement	Steve W.	P
10:00–10:45am	Total Body Training	Tanner B.	2
12:00–1:00pm	Pilates Mat	Erin H.	1
12:00–1:00pm	Studio Strength	Tanner B.	2
12:00–12:45pm	Tread and Shred	Julie S.	CF
4:30–5:30pm	Yoga Multi-Level	Erica M.	1
5:00–6:00pm	BODYPUMP	Taylor B.	2
5:00–6:00pm	BURN	Michael N.	C
5:30–6:45pm	Vinyasa Flow Yoga	Erica M.	1
6:15–7:00pm	CEREMONY HYROX	Jess S.	2
6:30–7:20pm	HIT Cycle	Andrew L	C
7:15–8:15pm	Zumba	Sarah S.	2

THURSDAY

6:00–6:45am	BODYPUMP Express	Cedric T.	2
6:00–6:45am	BURN Express	Peter M.	C
7:00–8:00am	Vinyasa Flow Yoga	Anthony P.	1
9:00–9:30am	Abs + Arms	Jody B.	2
9:30–10:15am	Total Body Training	Jody B.	2
12:00–1:00pm	BODYPUMP Heavy	Jennifer T.	2
12:00–1:00pm	Pilates Mat	Thomas S.	1
1:30–2:30pm	Vinyasa Flow Yoga	Laura D.	1
4:30–5:30pm	BURN	Taylor B.	C
4:45-5:45pm	Vinyasa Flow Yoga	Laura W.	2
5:30–6:25pm	Aqua Movement	Stephanie H.	P
5:30–6:30pm	BODYPUMP	Hank B.P.	2
6:00–7:00pm	Pilates Mat	Kurt M.	1
6:30–7:30pm	BURN	Michael N.	C
6:30–7:00pm	Les Mills CORE	Hank B.P.	2
7:15-8:15pm	Yoga (Multi-Level)	Katherine M.	1

FRIDAY

6:00–7:00am	BODYPUMP Heavy	Deanna G.	2
7:00–8:00am	Vinyasa Flow Yoga	Cate T.	1
8:00–9:00am	Pilates Mat	Therese C.	1
9:00–9:45am	Ballet Burn	Therese C.	2
9:00–10:00am	Hatha Yoga	Samantha G.	1
9:30-10:30am	BURN	Julie S.	C
10:00–10:45am	HIIT + Hard Core	Jody B.	2
10:00–11:00am	Stretch	Samantha G.	1
11:00–11:55am	Aqua Movement	Samantha G.	P
12:00–1:00pm	BODYPUMP	John N.	2
12:00–1:00pm	Vinyasa Flow Yoga	Erica M.	1

SATURDAY

8:00–9:00am	BODYPUMP	Katherine M.	2
9:00–9:50am	HIT Cycle	Erica S.	C
9:30–10:15am	CEREMONY HYROX	Reyna S.	2
9:30–10:30am	Pilates Mat	Penny S.	1
10:30–11:30am	BURN	Andrew L.	2
10:30–11:30am	Hip Hop Funk	Viola E.	C
11:00–12:00pm	Pilates Fusion	Kimber W.	1

SUNDAY

8:00–8:50am	HIT Cycle	Julie S.	C
8:00–8:45am	Studio Strength	Alexander E.	2
9:00–10:00am	Sports Training	Julie S.	2
9:00–9:45am	Stretch	Alexander E.	1
10:00–10:55am	Aqua TBT	Stephanie H.	P
10:00–11:00am	BURN	Michael N.	C
10:15–11:15am	BODYPUMP	Jennifer T.	2
11:00–12:00pm	Vinyasa Flow Yoga	Mary H.	1
11:15–11:45am	Les Mills CORE	Jennifer T.	2
12:00–1:00pm	Studio Strength	Alexander E.	2
1:00–2:00pm	Pilates Mat	Kurt M.	1