Effective November 1, 2026

Group Fitness Schedule

MONDAY

6:00–7:00am	BODYPUMP Heavy	Hayley R.	2
7:00–7:30am	SPRINT	Annie S.	C
7:00–8:00am	Vinyasa Flow Yoga	Kathleen P.	4
8:30–9:15am	Power Step	John N.	2
9:00–10:00am	Yoga (Multi-Level)	Samantha G.	4
9:30–10:00am	Abs + Arms	John N.	2
10:15–11:15am	BODYPUMP Heavy	Nikki S.	2
11:00–12:00pm	Pilates Mat	Hayley S.	4
12:00–1:00pm	Cycle Fusion	Julie S.	C
4:30–5:30pm	Zumba	Angel S.	2
5:00–6:00pm	Yoga Sculpt	Scott Z.	4
5:30–6:25pm	Aqua Movement	Stephanie H.	P
5:30–6:20pm	HIT Cycle	Noel D.	C
6:00–6:45pm	BODYATTACK Express	Christian S.	2
6:00–7:00pm	Yoga Sculpt	Scott Z.	4
6:30–7:20pm	HIT Cycle	Kourtney T.	C
7:00–8:00pm	BODYPUMP	Dee I.	2
7:00–8:00pm	Vinyasa Flow Yoga	Jessica Z.	4
8:00–8:15pm	Meditation	Jessica Z.	4

TUESDAY

6:00–7:00am	BODYPUMP	Michaela M.	2
6:00–6:50am	HIT Cycle	Julie S.	C
6:30–7:30am	Pilates Fusion	Jenn M.	4
9:00–10:00am	Yoga (Multi-Level)	Matthew A.	4
9:30–10:20am	HIT Cycle	Julie S.	C
10:00–10:55am	Aqua Movement	Kat F.	P
12:00–12:45pm	Tread and Shred	Jody B.	CF
12:00–1:00pm	Vinyasa Flow Yoga	Kali O.	4
4:30–5:30pm	Ballet Burn	Heather H.	2
5:30–6:20pm	HIT Cycle	Jason P.	C
5:45–6:15pm	Les Mills CORE	John N.	2
6:00–7:00pm	Yoga (Multi-Level)	Heather H.	4
6:30–7:30pm	BODYPUMP	John N.	2
7:15–8:15pm	Pilates Fusion	Paul R.	4

WEDNESDAY

6:00–7:00am	Pilates Mat	Dana R.	4
6:30–7:00am	SPRINT	Jamey D.	C
7:15–8:15am	Studio Strength	Shannon K.	2
8:30–9:30am	BODYPUMP	John N.	2
8:30–9:30am	Pilates Mat	Thomas S.	4
10:30–11:00am	Abs + Arms	Peter M.	2
11:15-11:45am	HIT Cycle Express	Peter M.	C
11:15–11:45am	Stretch	Katy A.	4
12:00–12:45pm	CEREMONY HYROX	Paul R.	2
4:00–4:45pm	HIIT + Hard Core	Michaela M.	2
5:00–6:00pm	BODYPUMP	Jason P.	2
5:15–6:05pm	HIT Cycle	David R.	C
5:30–6:30pm	Pilates Mat	Penny S.	4
6:15–7:15pm	BODYJAM	David R.	2
6:30–7:20pm	HIT Cycle	Paul R.	C
7:00–8:00pm	Vinyasa Flow Yoga	Erin H.	4
7:30–8:30pm	BODYPUMP Heavy	Anastasia G.	2

THURSDAY

6:00–6:45am	BODYPUMP Express	Alex S.	2
6:00–7:00am	Cycle Fusion	Julie S.	C
6:30–7:30am	Pilates Fusion	Jenn M.	4
8:30–9:15am	Stretch	Mindy G.	4
9:30–10:30am	Vinyasa Flow Yoga	Mindy G.	4
10:00–10:55am	Aqua TBT	Samantha G.	P
12:00–1:00pm	BODYPUMP Heavy	Paul R.	2
3:30–4:15pm	Zumba	Alberto A.	2
4:15–5:00pm	Ballet Burn	Alberto A.	2
4:30–5:30pm	Pilates Mat	Erin H.	4
5:15–6:00pm	CEREMONY HYROX	Jason P.	2
5:30–6:20pm	HIT Cycle	James S.	C
5:45–6:45pm	Yoga (Multi-Level)	Erin H.	4
6:00–6:30pm	Les Mills CORE	Jason P.	2
6:45–7:30pm	BODYPUMP Express	Paul R.	2
7:00–8:00pm	Pilates Mat	Dana R.	4

FRIDAY

6:00–7:00am	BODYPUMP	Paul R.	2
7:00–7:30am	SPRINT	Jamey D.	C
7:15–8:15am	Studio Strength	Jess S.	2
8:00–9:00am	Yoga (Multi-Level)	Erin H.	4
8:30–9:00am	Abs + Arms	Jody B.	2
9:15–10:15am	Pilates Mat	Erin H.	4
12:00–1:00pm	Cycle Fusion	Julie S.	C
12:00–1:15pm	Yoga (Multi-Level)	Kali O.	4
4:00–5:00pm	Vinyasa Flow Yoga	Nikki S.	4
4:15–5:15pm	BODYPUMP	Anastasia G.	2
5:30–6:15pm	BODYATTACK Express	Nikki S.	2

SATURDAY

8:00–9:00am	BODYPUMP	Arbie B.	2
8:00–9:00am	Pilates Mat	Hayley S.	4
8:30–9:20am	HIT Cycle	Julie S.	C
9:00–10:00am	Pilates Mat	Hayley S.	4
9:00–10:00am	Power Step	Jody B.	2
9:30–10:20am	HIT Cycle	Julie S.	C
10:00–11:00am	BODYPUMP	Jason P.	2
10:00–11:15am	Yoga (Multi-Level)	Kali O.	4
11:15–12:00pm	CEREMONY HYROX	Jason P.	2
11:30–12:30pm	Vinyasa Flow Yoga	Jacqueline F.	4
12:15–1:15pm	Zumba	Sarah S.	2
12:45–1:45pm	Pilates Fusion	Tia J.	4

SUNDAY

8:30–9:30am	Pilates Mat	Penny S.	4
9:00–9:30am	Les Mills CORE	Paul R.	2
9:30–10:30am	BODYPUMP	Paul R.	2
10:00–11:00am	Hatha Yoga	Erin H.	4
10:00–10:50am	HIT Cycle	Katy A.	C
10:45–11:45am	Studio Strength	Michaela M.	2
11:15–12:15pm	Pilates Mat	Madeleine C.	4
12:00–12:45pm	CEREMONY HYROX	Michaela M.	2
1:00–2:00pm	Boxing Challenge	Megha K.	2
2:00–3:00pm	Hip Hop Funk	Viola E.	2