Effective November 1, 2026

Group Fitness Schedule

MONDAY

10:00–11:00am	Pilates Fusion	Kat F.	2
11:30–12:00pm	Abs + Arms	Jody B.	1
12:00–12:45pm	Total Body Training	Jody B.	1
5:30–6:45pm	Vinyasa Flow Yoga	Laura D.	2
6:00–6:45pm	Total Body Training	Wayne C.	1
6:45–7:15pm	Abs + Arms	Wayne C.	1
6:45–7:45pm	Barre	Michaela V.	2

TUESDAY

6:00–7:00am	BODYPUMP	Cynthia D.	1
9:30–10:15am	Studio Strength	Traci C.	1
10:30–11:30am	BODYPUMP	TBD	1
12:00–12:30pm	Row360	Julie S.	R
12:30–1:00pm	Tread & Shred	Julie S.	CF
5:30–6:15pm	CEREMONY HYROX	Mackenzie C.	1
5:30–6:20pm	HIT Cycle	Donna P.	C
6:00–7:00pm	Pilates Mat	Penny S.	2
6:30–7:30pm	BODYPUMP	Carli K.	1

WEDNESDAY

6:00–6:50am	HIT Cycle	Stacey H.	C
9:30–10:30am	Barre BURN	Mindy G.	2
12:15–12:45pm	Row360	Kat F.	R
12:45–1:15pm	Tread & Shred	Kat F.	CF
1:15–1:45pm	Stretch	Kat F.	2
5:00–5:30pm	Hard Core	Laura D.	1
5:00–5:50pm	HIT Cycle	Traci C.	C
5:30–6:30pm	Vinyasa Flow Yoga	Laura D.	2
6:00–7:00pm	Boxing Challenge	Frank R.	1
6:00–6:30pm	Row360	Traci C.	R
6:45–7:45pm	Yoga Sculpt	Julia B.	2

THURSDAY

6:00–7:00am	BODYPUMP	Joey H.	1
10:15–11:15am	Pilates Fusion	Kat F.	2
11:00–11:55am	Aqua TBT	Penny S.	P
12:00–12:45pm	Row360	Julie S.	R
5:00–6:00pm	BODYPUMP	Therese C.	1
5:30–6:30pm	Yoga (Multi-level)	Becky R.	2
6:15–7:00pm	Total Body Training	Wayne C.	1
6:45–7:45pm	Barre	Michaela V.	2
7:00–7:30pm	Abs + Arms	Wayne C.	1

FRIDAY

9:30–10:20am	HIT Cycle	Traci C.	C
10:30–11:15am	Studio Strength	Traci C.	1
11:30–12:30pm	BODYPUMP	Juanita G.	1
12:00–1:00pm	Pilates Mat	Penny S.	2
12:00–12:30pm	Row360	Kat F.	R
12:30–1:00pm	Tread & Shred	Kat F.	CF

SATURDAY

8:00–9:00am	Yoga Sculpt	Scott Z.	2
8:30–9:15am	CEREMONY HYROX	Paul R.	1
9:00–9:50am	HIT Cycle	Torrie M.	C
9:30–10:00am	Les Mills CORE	David R.	1
10:00–11:00am	BODYPUMP	David R.	1
11:15–12:15pm	Boxing Challenge	Frank R.	1

SUNDAY

9:00–10:00am	BODYPUMP	Cynthia D.	1
9:30–10:20am	HIT Cycle	Traci C.	C
10:00–11:00am	Barre	Aleta Z.	2
10:30–11:00am	Row360	Traci C.	R
11:00–12:00pm	Zumba	Cedric T.	1
11:15–12:15pm	Pilates Mat	Aleta Z.	2