Effective November 1, 2026

Group Fitness Schedule

MONDAY

6:30–7:30am	BURN	Mackenzie C.	B
9 :00-10 :00am	Pilates Mat	Michaela V.	2
10:00-10:30am	BODYATTACK	Luis S.	1
10:30-11:00am	Hard Core	Luis S.	1
11:00-12:00pm	BODYPUMP	Luis S.	1
11 :00-12 :00pm	Pilates Fusion	Ashley S.	2
12 :00-1 :00pm	Vinyasa Flow Yoga	Ashley S.	2
12 :15–1 :00pm	HIIT + Hard Core	Kat F.	1
5 :00–5 :30pm	HIIT	Fran B.	1
5 :30–6 :30pm	Pilates Mat	Penny S.	2
5 :45–6 :30pm	BODYCOMBAT	Jojo Y.	1
5:45–6:35pm	HIT Cycle	Michael N.	C
6:45–7:45pm	Yoga Sculpt	Jacqueline F.	2
7:00–8:00pm	Zumba	Sarah S.	1

TUESDAY

6:00–6:45am	BODYPUMP	Luis S.	1
8:00–8:45am	CEREMONY HYROX	Mackenzie C.	1
9:30–10:30am	Yoga Sculpt	Carol S.	2
12:00–1:00pm	BODYPUMP	Juanita G.	1
12:00–1:00pm	Vinyasa Flow Yoga	Nikki T.	2
5:15–6:00pm	BODYPUMP	AJ C.	1
5:30–6:20pm	HIT Cycle	Kat F.	C
5:45–7:00pm	Yoga (Multi-Level)	Erin A.	2
6:15–7:00pm	Les Mills CORE	Yessenia A.	1
6:30–7:30pm	BURN	Kat F.	B

WEDNESDAY

7:00–8:00am	Yoga (Multi-Level)	Laura D.	2
9:00-9:45am	Stretch	Katie M.	2
12:00–1:00pm	BODYPUMP	Ted R.	1
12:00–1:00pm	Yoga Sculpt	Laura D.	2
5:00–6:00pm	BURN	Katherine M.	B
5:00–6:00pm	Vinyasa Flow Yoga	Erin A.	2
5:15–6:15pm	BODYPUMP	Hannah C.	1
6 :30–7 :15pm	BODYCOMBAT	Michael C.	1
6 :30–7 :30pm	Yoga Sculpt	Caitlin M.	2

THURSDAY

6:30–7:15am	CEREMONY HYROX	Mackenzie C.	1
11:00–12:00pm	BURN	Katherine M.	B
12:00–1:00pm	Vinyasa Flow Yoga	Laura D.	2
4:00–5:00pm	Pilates Fusion	Kat F.	2
5:00–6:00pm	BODYPUMP	KB	1
5:00–6:00pm	BURN	Kat F.	B
5:30–6:30pm	Yoga (Multi-Level)	Jacqueline F.	2
6:15–7:15pm	BODYJAM	KB	1

FRIDAY

6:30–7:30am	BURN	Julie S.	B
9:00–10:00am	Pilates Mat	Penny S.	2
11:00–12:00pm	Pilates Fusion	Ashley S.	2
12:00–1:00pm	BURN	Katherine M.	B
12:00–1:00pm	Vinyasa Flow Yoga	Ashley S.	2
4:00–5:00pm	BODYPUMP	Jeff G.	1

SATURDAY

9:00–9:50am	HIT Cycle	Donna P.	C
9:00–10:00am	Pilates Mat	Aleta Z.	2
9:30–10:30am	BODYPUMP	Hannah C.	1
10:45–11:45am	BODYCOMBAT	Hannah C.	1
12:00–1:00pm	BODYPUMP Heavy	Anastasia G.	1

SUNDAY

9:00–9:50am	HIT Cycle	John N.	C
10:00–11:00am	BODYPUMP	John N.	1
10:00–11:00am	Vinyasa Flow Yoga	Laura D.	2
10:30–11:30am	BURN	Kathryn M.	B
11:30–12:15pm	CEREMONY HYROX	Reyna S.	1