



# Group Fitness Schedule

Effective May 1st, 2024

## Monday

6:00 - 6:50 am	HIT Cycle .....	Rico B.	C
6:00 - 7:00 am	Yoga (Multi-Level).....	Samantha G.	1
9:30 - 10:30 am	BURN.....	Julie S.	C
10:00 - 11:00 am	Stretch .....	Ashley S.	1
10:30 - 11:00 am	Les Mills CORE.....	Amy S.	2
12:00 - 1:00 pm	Yoga (Multi-Level).....	Laura D.	1
4:30 - 5:30 pm	BURN.....	Peter M.	C
5:30 - 6:30 pm	BODYPUMP .....	Joey H.	2
5:30 - 6:20 pm	HIT Cycle .....	Peter M.	C
6:30 - 7:00 pm	HIT Cycle Express.....	Peter M.	C
6:30 - 7:45 pm	Vinyasa Flow Yoga .....	Kali O.	1

## Tuesday

6:00 - 7:00 am	BODYPUMP .....	Therese C.	2
6:00 - 7:00 am	BURN.....	Stephanie B.J.	C
7:00 - 8:00 am	Vinyasa Flow Yoga .....	Olivia P.	1
9:00 - 10:00 am	Yoga Sculpt .....	Therese C.	1
10:00 - 10:45 am	HIIT + Hard Core.....	Amy S.	2
12:00 - 12:30 pm	Les Mills CORE.....	Amy S.	2
5:00 - 5:45 pm	BODYPUMP Express.....	Erika S.	2
6:00 - 6:50 pm	HIT Cycle .....	Mia G.	C
6:00 - 7:00 pm	Boxing Challenge .....	Tony H.	2
6:30 - 7:30 pm	Vinyasa Flow Yoga .....	Mary H.	1

## Wednesday

6:00 - 6:50 am	HIT Cycle .....	Jamie R.	C
6:00 - 7:00 am	Sports Training.....	Julie S.	2
9:00 - 10:00 am	Stretch .....	Steve W.	1
9:30 - 10:30 am	BURN.....	Julie S.	C
10:00 - 11:00 am	Aqua Movement .....	Steve W.	P
12:00 - 1:00 pm	Ballet Burn .....	Alberto A.	2
12:00 - 12:45 pm	Tread & Shred .....	Julie S.	CF
5:00 - 6:00 pm	BODYPUMP .....	Katie D.	2
5:00 - 6:00 pm	BURN.....	Stephanie B.J.	C
5:00 - 6:00 pm	Yoga (Multi-Level).....	Erica M.	1
6:00 - 6:30 pm	HIIT .....	Katie D.	2
6:15 - 7:30 pm	Vinyasa Flow Yoga .....	Erica M.	1
6:30 - 7:20 pm	HIT Cycle .....	Andrew L.	C
6:45 - 7:45 pm	Zumba .....	Ramon M.	2

## Thursday

6:00 - 7:00 am	BODYPUMP .....	John N.	2
6:00 - 7:00 am	BURN.....	Peter M.	C
7:00 - 8:00 am	Vinyasa Flow Yoga .....	Bradshaw W.	1
9:00 - 9:30 am	Abs & Arms.....	Katie D.	2
9:30 - 10:15 am	Total Body Training.....	Katie D.	2
12:00 - 12:45 pm	Tread & Shred .....	Jody B.	CF
1:30 - 2:30 pm	Vinyasa Flow Yoga .....	Laura D.	1
4:30 - 5:30 pm	BURN.....	Stephanie B.J.	C
5:30 - 6:30 pm	Aqua Movement .....	Stephanie H.	P
5:30 - 6:20 pm	HIT Cycle .....	Peter M.	C
5:30 - 6:30 pm	BODYPUMP .....	Stephanie B.J.	2
6:00 - 7:00 pm	Pilates Mat .....	Kurt M.	1
6:30 - 7:00 pm	Les Mills CORE.....	Stephanie B.J.	2

## Friday

6:00 - 6:50 am	HIT Cycle .....	Julie S.	C
6:00 - 7:00 am	Yoga (Multi - Level).....	Mary H.	1
8:00 - 9:00 am	Pilates Mat .....	Therese C.	1
9:00 - 9:45 am	Ballet Burn .....	Therese C.	2
10:00 - 10:45 am	HIIT + Hardcore .....	Katie D.	2
10:00 - 11:00 am	Stretch .....	Samantha G.	1
11:00 - 12:00 pm	Aqua Movement .....	Samantha G.	P
12:00 - 1:00 pm	BODYPUMP .....	Amy S.	2
12:00 - 1:00 pm	Vinyasa Flow Yoga .....	Erica M.	1
4:00 - 5:00 pm	BODYPUMP .....	Meg S.	2

## Saturday

8:00 - 9:00 am	BODYPUMP .....	Nicholas L.	2
9:00 - 9:50 am	HIT Cycle .....	Erica S.	C
9:15 - 9:45 am	Les Mills CORE.....	Nicholas L.	2
9:30 - 10:30 am	Pilates Mat .....	Penny S.	1
10:30 - 11:30 am	Hip Hop/Funk .....	Viola E.	2
10:30 - 11:30 am	BURN.....	Andrew L.	C
11:00 - 12:00 pm	Vinyasa Flow Yoga .....	Michelle W.	1

## Sunday

8:00 - 8:45 am	BODYPUMP Express.....	Rico B.	2
8:00 - 8:50 am	HIT Cycle .....	Julie S.	2
9:00 - 10:00 am	Sports Training.....	Julie S.	C
10:00 - 11:00 am	BURN.....	Stephanie B.J.	C
10:00 - 11:00 am	Aqua TBT.....	Stephanie H.	P
10:15 - 11:15 am	BODYPUMP .....	Jennifer T.	2
11:00 - 12:00 pm	Vinyasa Flow Yoga .....	Mary H.	1
11:30 - 12:00 pm	Les Mills CORE.....	Jennifer T.	2
1:00 - 2:00 pm	Pilates Mat .....	Kurt M.	1