



# Group Fitness Schedule

Effective May 1st, 2024

## Monday

7:00 - 7:30 am	SPRINT .....	Laura B.	C
7:00 - 8:00 am	Vinyasa Flow Yoga .....	Kathy P.	4
8:30 - 9:15 am	Power Step .....	John N.	2
9:30 - 10:00 am	Abs & Arms .....	Katie D.	2
12:00 - 12:50 pm	HIT Cycle .....	Julie S.	C
4:30 - 5:30 pm	Zumba .....	Angel S.	2
5:30 - 6:20 pm	HIT Cycle .....	Amy S.	C
5:30 - 6:30 pm	Yoga Sculpt .....	Scott Z.	4
6:00 - 6:45 pm	BODYATTACK Express .....	Christian S.	2
6:30 - 7:00 pm	SPRINT .....	Amy S.	C
7:00 - 8:00 pm	BODYPUMP .....	Stephanie B.J.	2
7:00 - 8:00 pm	Vinyasa Flow Yoga .....	Marina B.	4

## Tuesday

6:00 - 6:50 am	HIT Cycle .....	Julie S.	C
6:00 - 7:00 am	BODYPUMP .....	Michaela M.	2
9:30 - 10:20 am	HIT Cycle .....	Julie S.	C
10:00 - 11:00 am	Aqua Movement .....	Kat F.	P
12:00 - 12:45 pm	Tread & Shred .....	Jody B.	CF
12:00 - 1:00 pm	Vinyasa Flow Yoga .....	Kali O.	4
4:30 - 5:30 pm	Ballet Burn .....	Heather H.	2
5:30 - 6:20 pm	HIT Cycle .....	Amy S.	C
5:45 - 6:15 pm	Les Mills CORE .....	John N.	2
6:00 - 7:00 pm	Yoga (Multi-Level) .....	Heather H.	4
6:30 - 7:00 pm	SPRINT .....	Jason P.	C
6:30 - 7:30 pm	BODYPUMP .....	John N.	2
7:15 - 8:15 pm	Pilates Mat .....	Paul R.	4

## Wednesday

6:30 - 7:00 am	SPRINT .....	Jamey D.	C
8:30 - 9:30 am	BODYPUMP .....	John N.	2
8:30 - 9:45 am	Vinyasa Flow Yoga .....	Bradshaw W.	4
9:30 - 10:20 am	HIT Cycle .....	Katie D.	C
11:00 - 11:30 pm	Abs & Arms .....	Katie D.	2
12:00 - 1:00 pm	Vinyasa Flow Yoga .....	Bradshaw W.	4
5:00 - 6:00 pm	BODYPUMP .....	Jason P.	2
5:15 - 6:05pm	HIT Cycle .....	David R.	C
5:30 - 6:30 pm	Pilates Mat .....	Penny S.	4
6:15 - 7:15 pm	BODYJAM .....	David R.	2
6:30 - 7:20 pm	HIT Cycle .....	Jason P.	C
7:00 - 8:00 pm	Vinyasa Flow Yoga .....	Jason B.	4

## Thursday

6:00 - 6:50 am	HIT Cycle .....	Julie S.	C
6:00 - 7:00 am	BODYPUMP .....	Katie D.	2
9:30 - 10:30 am	Vinyasa Flow Yoga .....	Mindy G.	4
10:00 - 11:00 am	Aqua TBT .....	Bradshaw W.	P
12:00 - 1:00 pm	BODYPUMP .....	Amy S.	2
3:30 - 4:15 pm	Zumba .....	Alberto A.	2
4:30 - 5:15 pm	Ballet Burn .....	Alberto A.	2
5:30 - 6:00pm	GRIT Strength .....	Jason P.	2
5:30 - 6:20 pm	HIT Cycle .....	James S.	C
5:30 - 6:45 pm	Yoga (Multi-Level) .....	Jason B.	4
6:30 - 7:20 pm	BODYPUMP .....	Paul R.	2
6:30 - 7:20 pm	HIT Cycle .....	Anna T.	C

## Friday

6:00 - 7:00 am	BODYPUMP .....	Paul R.	2
7:00 - 7:30 am	SPRINT .....	Jamey D.	C
7:15 - 8:15 am	Studio Strength .....	Michaela M.	2
8:30 - 9:00 am	Abs & Arms .....	Jody B.	2
9:15 - 10:15 am	Pilates Mat .....	Emma K.	4
12:00 - 12:50 pm	HIT Cycle .....	Julie S.	C
12:00 - 1:15 pm	Yoga (Multi-Level) .....	Kali O.	4
5:30 - 6:15 pm	BODYATTACK Express .....	Nikki S.	2

## Saturday

8:00 - 9:00 am	BODYPUMP .....	Stephanie B.J.	2
8:30 - 9:20 am	HIT Cycle .....	Julie S.	C
8:30 - 9:30 am	Pilates Mat .....	Hayley R.	4
9:15 - 10:15 am	Power Step .....	Jody B.	2
9:30 - 10:20 am	HIT Cycle .....	Julie S.	C
10:00 - 11:15 am	Yoga (Multi-Level) .....	Kali O.	4
10:30 - 11:30 am	BODYPUMP .....	Jason P.	2
11:00 - 12:00 pm	Aqua Zumba .....	Yessenia A.	P
11:45 - 12:15 pm	SPRINT .....	Jason P.	C
12:00 - 1:00 pm	Vinyasa Flow Yoga .....	Bradshaw W.	4
12:00 - 1:00 pm	Zumba .....	Angel S.	2
1:15 - 2:15 pm	Vinyasa Flow Yoga .....	Bradshaw W.	4

## Sunday

8:30 - 9:30 am	Pilates Mat .....	Penny S.	4
9:30 - 10:30 am	BODYPUMP .....	Paul R.	2
10:00 - 10:50 am	HIT Cycle .....	Anna T.	C
10:00 - 11:00 am	Hatha Yoga .....	Lauren T.	4
10:45 - 11:45 am	Studio Strength .....	Michaela M.	2
12:00 - 1:00 pm	Boxing Challenge .....	Megha K.	2
2:00 - 3:00 pm	Hip Hop Funk / Funk .....	Viola E.	2