



# Group Fitness Schedule

Effective May 1st, 2024

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Monday</b>		
6:00 - 6:50 am	HIT Cycle	Julie S. <b>C</b>
10:00 - 11:00 am	Barre	Kat F. <b>2</b>
12:00 - 12:45 pm	HIIT + Hard Core	Jody B. <b>1</b>
4:30 - 5:30 pm	BODYATTACK	Amelia L. <b>1</b>
5:30 - 6:20 pm	HIT Cycle	Erica S. <b>C</b>
5:30 - 6:45 pm	Vinyasa Flow Yoga	Laura D. <b>2</b>
5:45 - 6:45 pm	BODYPUMP	AJ C. <b>1</b>

<b>Tuesday</b>		
6:00 - 7:00 am	BODYPUMP	Cynthia D. <b>1</b>
9:30 - 10:15 am	Studio Strength	Traci C. <b>1</b>
9:30 - 10:30 am	Vinyasa Flow Yoga	Rachel K. <b>2</b>
10:30 - 11:30 am	BODYPUMP	Katie D. <b>1</b>
12:00 - 12:30 pm	Row360	Julie S. <b>R</b>
12:30 - 1:00 pm	Tread & Shred	Julie S. <b>CF</b>
5:30 - 6:20 pm	HIT Cycle	Donna P. <b>C</b>
6:00 - 7:00 pm	BODYPUMP	Ryan W. <b>1</b>
6:00 - 7:00 pm	Pilates Mat	Penny S. <b>2</b>

<b>Wednesday</b>		
6:00 - 6:50 am	HIT Cycle	Stacey H. <b>C</b>
9:30 - 10:30 am	Barre Burn	Mindy G. <b>2</b>
12:00 - 12:50 pm	HIT Cycle	Amelia L. <b>C</b>
5:00 - 5:30 pm	HIIT	Laura D. <b>1</b>
5:30 - 6:30 pm	Vinyasa Flow Yoga	Laura D. <b>2</b>
5:45 - 6:30 pm	Row 360	Chantal R. <b>R</b>
6:00 - 7:00 pm	Boxing Challenge	Frank R. <b>1</b>

<b>Thursday</b>		
6:00 - 7:00 am	BODYPUMP	Joey H. <b>1</b>
9:00 - 10:00 am	Yoga (Multi-Level)	Selima H. <b>2</b>
11:00 - 12:00 pm	Aqua TBT	Penny S. <b>P</b>
12:00 - 12:45 pm	Row360	Julie S. <b>R</b>
5:00 - 5:45 pm	BODYPUMP Express	Therese C. <b>1</b>
5:30 - 6:30 pm	Yoga (Multi-Level)	Becky R. <b>2</b>
6:00 - 6:50 pm	HIT Cycle	Stefania B. <b>C</b>
6:00 - 7:00 pm	Total Body Training	Kathleen F. <b>1</b>
6:45 - 7:45 pm	Pilates Mat	Aleta Z. <b>2</b>

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Friday</b>		
9:30 - 10:20 am	HIT Cycle	Traci C. <b>C</b>
10:30 - 11:00 am	Row360	Julie S. <b>R</b>
11:00 - 12:00 pm	BODYPUMP	Amelia L. <b>1</b>
12:00 - 1:00 pm	Yoga (Multi-Level)	Selima H. <b>2</b>

<b>Saturday</b>		
8:00 - 9:00 am	Yoga Sculpt	Scott Z. <b>2</b>
8:30 - 9:20 am	HIT Cycle	David R. <b>C</b>
9:30 - 10:00 am	Les Mills CORE	David R. <b>1</b>
10:00 - 11:00 am	BODYPUMP	David R. <b>1</b>
10:30 - 11:15 am	Tread & Shred	Michael S. <b>CF</b>
11:15 - 12:15 pm	Boxing Challenge	Frank R. <b>1</b>

<b>Sunday</b>		
9:00 - 10:00 am	BODYPUMP	Erika S. <b>1</b>
9:30 - 10:20 am	HIT Cycle	Traci C. <b>C</b>
10:00 - 11:00 am	Barre	Ashley G. <b>2</b>
10:30 - 11:00 am	Row 360	Traci C. <b>R</b>
11:15 - 12:15 pm	Pilates Mat	Aleta Z. <b>2</b>

**1 = Studio 1**      **R = Row Studio**      **P = Pool**  
**2 = Studio 2**      **C = Cycle Studio**      **CF = Cardio Floor**

Schedules subject to change. Please refer to CAC's new app for updates.