

REGISTRATION REQUIRED

Group Fitness Schedule

August 1 – September 31, 2023

KEY: ■ STUDIO 1 ■ STUDIO 2 ■ STUDIO 4 ■ GYMNASIUM

CARDIO & STRENGTH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:15-7:00am BODYPUMP® 45 Melissa		6:15-7:00am BODYPUMP® 45 Melissa				
		7:15-8:15am Total Body Fitness Lite Lisa			7:15-8:15am Total Body Fitness Lite Lisa		
		8:30-9:15am BODYSTEP® 45 Rima	9:30-10:15am HIIT Vibes Jason		9:00-9:45am Stretch & Strength Express Micah		
	9:30-10:15am Power Strength Amy	9:30-10:15am BODYPUMP® 45 Angie	9:15-9:45am TRX Bootcamp Amy	9:15-10:00am Power Strength Amy	9:00-9:45am Boot Camp Keith	8:45-9:45am Barre Rachel O.	10:30-11:15am Boot Camp Morgan
	10:30-11:30am Stretch & Strength Micah	9:30-10:00am Full Body Blast Amy	9:45-10:15am Glute Hip Ham Amy	10:10-10:55am Power Strength PLUS Amy	10:00-10:45am Barre Sarah	10:00-11:00am BODYPUMP® Melissa	11:45am-12:30pm Gymnastics (ages 5-12)* Morgan
	10:30-11:00am Core & Glutes Amy	10:05-10:35am Triple Threat Core Amy	10:15-10:45am Core & Arms Amy		10:15-10:45am Core & Arms Amy	11:15am-12:00pm SHiNE Dance Fitness™ June	
	11:00-11:30am TRX HIIT EXPRESS Amy	10:30-11:15am LaBlast® Lisa L.	10:30-11:30am Stretch & Strength Micah	12:00-12:30pm Sports Recovery Sarah	10:45-11:30am TRX & Stretch Amy		
		10:40-11:25am Bosu Strength Amy	10:45-11:30am TRX Bosu HIIT Amy		11:00-12:00pm BODYPUMP® Amanda		
		12:00-12:45pm Barre Sarah	11:45am-12:30pm Insanity Lite Micah	3:30-4:15pm Gymnastics (ages 4-6)* Morgan			
		4:45-5:30pm Teen Fitness (ages 12-15) Keith		4:45-5:30pm Teen Fitness (ages 12-15) Jason			
	5:30-6:15pm Cardio Barre Rachel O.	5:00-5:50pm Insanity® Micah	5:30-6:30pm BODYPUMP® & Core Heather	5:45-6:30pm HIIT Vibes Jason			

KEY: ■ STUDIO 2 ■ STUDIO 3 ■ PILATES STUDIO

CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:15-10:00am Cycle Liza	11:45am-12:30pm Cycle & Strength Amy	9:15-10:00am Cycle Russ	6:15-7:00am RPM® Rima	9:15-10:00am Cycle & Strength Amy	9:00-9:45am RPM® Heather	9:30-10:15am Cycle Melissa
	11:45am-12:30pm Cycle & Strength Amy	5:30-6:15pm RPM® 30 Heather		11:15am-12:15pm Cycle & Strength Amy	4:30-5:15pm RPM® Melissa		

MIND & BODY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00-8:45am Stress Relief QiGong Chris	9:00-10:00am Vinyasa Karen	9:00-10:00am Mat Pilates Courtney	9:00-10:00am Vinyasa Karen			
	10:30-11:45am Multi Level Hatha Yoga Ra	10:30-11:30am Gentle Beginner Yoga Ra	10:30-11:30am Pilates Reformer Beginner Courtney	10:15-11:15am Gentle Beginner Yoga Ra	10:30-11:45am Multi Level Hatha Yoga Ra	9:00-9:45am Mat Pilates Heidi/Matt	
	11:00am-12:00pm Pilates Reformer Intermediate Courtney	11:30am-12:30pm Pilates Reformer Intermediate Heidi	10:30-11:45am Multi Level Hatha Yoga Ra	10:00-11:00am Pilates Reformer Intermediate Courtney	11:30am-12:30pm Pilates Reformer Intermediate Heidi	10:00-10:30am BODYBALANCE® Rachel O.	3:00-4:15pm Yoga Vinyasa Flow Tara/Matt
	12:15pm-1:15pm Pilates Reformer Beginner Courtney	12:45-1:45pm Pilates Reformer Beginner Heidi	3:00-4:00pm Gentle Beginner Yoga Ra	11:15-12:15pm Pilates Reformer Intermediate Heidi	12:45-1:45pm Pilates Reformer Beginner Heidi	10:00am-11:00am Pilates Reformer Intermediate Heidi/Matt	
			4:15-5:15pm Pilates Reformer Beginner Heidi				
	5:45-6:45pm Yoga-Pilates Fusion Matt		5:30-6:30pm Pilates Reformer Intermediate Heidi				

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