

# FALL GROUP FITNESS SCHEDULE

BBC - Basketball Court | GFS - Group Fitness Studio | MBS - Mind Body Studio | CS - Cycling Studio

## MON

**YinYasa Yoga** w/ Julie  
6:00-6:45am **MBS**

**Bootcamp** w/ Kristi  
6:00-7:00am **BBC**

**Beat Cycle** w/ Laura M.  
8:30-9:15am **CS**

**new class**  
**Upper/Lower** w/ Colleen  
8:30-9:15am **BBC**

**new time**  
**Aqua Bootcamp**  
w/ Hercules  
9:00-10:00am

**new class**  
**Bootcamp** w/ Colleen  
9:30-10:30am **BBC**

**Ignite Yoga** w/ Tess  
9:30-10:30am **MBS**

**Dance Beat** w/ Justin  
9:30-10:30am **GFS**

**Stretch & Recover** w/ Joan  
10:45-11:30am **GFS**

**Hatha Yoga** w/ JT  
10:45-11:45am **MBS**

**Strong & Stable** w/ Nanci  
12:00-1:00pm **GFS**

**Strength Cycle**  
w/ Matthew  
5:45-6:45pm **CS**

**new time**  
**Express Barre Blend**  
w/ Rachel  
6:00-6:45pm **GFS**

**Core & Power Yoga**  
**Level 2** w/ Claire  
6:00-7:00pm **MBS**

**Meditation & Yoga**  
w/ Claire  
7:15-8:00pm **MBS**

## TUE

**Beat Cycle** w/ Shelley  
6:00-7:00am **CS**

**Yoga Foundations**  
w/ Tess  
8:00-9:00am **MBS**

**Upper/Lower** w/ Lisa  
8:30-9:15am **BBC**

**new time**  
**Powerup Step!** w/ Lea  
9:30-10:15am **GFS**

**Pilates** w/ Tricia  
9:30-10:30am **MBS**

**Strength Cycle** w/ Lisa  
9:30-10:30am **CS**

**Yin Yoga** w/ Kimberly  
10:45am-11:45am **MBS**

**Tai Chi** w/ Chad  
11:00am-12:00pm **GFS**

**H2O Fitness** w/ Nanci  
1:00-2:00pm **Lap Pool**

**Dance Beat** w/ Justin  
6:00-7:00pm **GFS**

**Yin Yoga** w/ Irina  
6:00-7:00pm **MBS**

## WED

**Vinyasa Yoga** w/ JT  
6:00-6:45am **MBS**

**new class**  
**Beat Cycle** w/ Lauren  
6:00-6:45am **CS**

**new class**  
**Power 45** w/ Andrea K.  
6:00-6:45am **BBC**

**Beat Cycle** w/ Cheryl  
8:30-9:15am **CS**

**new time** **new class**  
**WERQ®** w/ Dana  
9:00-10:00am **GFS**

**Vinyasa Yoga** w/ Julie  
9:00-10:00am **MBS**

**Bootcamp** w/ Lisa  
9:30-10:30am **BBC**

**Vinyasa Yoga** w/ Marty  
10:15-11:15am **MBS**

**new time**  
**Pilates** w/ KT  
10:15-11:15am **GFS**

**Strong & Stable** w/ Nanci  
12:00-1:00pm **GFS**

**Saber Academy**  
w/ Chad  
5:00-6:00pm **MBS**

**new class**  
**Power 45** w/ Colleen  
6:00-6:45pm **BBC**

**Strength Cycle** w/ Lisa  
6:00-7:00pm **CS**

**Adult Kung Fu** w/ Chad  
6:00-7:00pm **MBS**

## THU

**Strength Cycle** w/ Shelley  
6:00-7:00am **CS**

**Upper/Lower** w/ Lisa  
8:30-9:15am **BBC**

**new time**  
**Cardio Strength** w/ Lea  
9:30-10:15am **GFS**

**Pilates** w/ Tricia  
9:30-10:30am **MBS**

**Strength Cycle**  
w/ Laura M.  
9:30-10:30am **CS**

**YinYasa Yoga** w/ Kimberly  
10:45-11:45am **MBS**

**Gentle Fitness** w/ Joan  
10:45-11:45am **GFS**

**Meditation & Yoga**  
w/ JT  
12:00-12:45pm **MBS**

**H2O Fitness** w/ Nanci  
1:00-2:00pm **Lap Pool**

**Express Barre Blend**  
w/ Irina  
5:15-6:00pm **GFS**

**Yin Yoga** w/ Irina  
6:00-7:00pm **MBS**

**Salsa Beat** w/ Rachel  
6:00-7:00pm **GFS**

## FRI

**Vinyasa Yoga** w/ JT  
6:00-6:45am **MBS**

**Bootcamp** w/ Kristi  
6:00-7:00am **BBC**

**new class**  
**Upper/Lower** w/ Anna  
8:30-9:15am **BBC**

**Beat Cycle** w/ Lisa  
8:30-9:15am **CS**

**new time**  
**Aqua Bootcamp**  
w/ Hercules  
9:00-10:00am

**Step** w/ Lea  
9:00-10:00am **GFS**

**new class**  
**Surge Fit** w/ Anna  
9:30-10:30am **BBC**

**Core & Power**  
**Yoga** w/ Marty  
9:30-10:30am **MBS**

**Express Barre Blend**  
w/ Davy  
10:15-11:00am **GFS**

**Yin Yoga** w/ Cheryl  
10:45-11:45am **MBS**

**new class** **Starts 11/6/26**  
**Meditation & Yoga**  
w/ Julie  
5:30-6:30pm **MBS**

## SAT

**new class**  
**Brazilian Beat**  
w/ Hercules  
8:00-9:00am **GFS**

**Strength Cycle**  
w/ Lea  
9:00-10:00am **CS**

**Bootcamp** w/ Lisa  
9:00-10:00am **GFS**

**Yoga/Pilates Fusion**  
w/ Cheryl  
9:00-10:00am **MBS**

**Reset + Restore**  
**Yoga** w/ JT  
10:00-11:00am **MBS**

**Power 45** w/ Lisa  
10:15-11:00am **GFS**

**Reset + Restore**  
**Yoga** w/ JT  
11:00-11:50am **MBS**

**Championship**  
**Lightfencing** w/ Chad  
12:00-1:00pm **MBS**

**Sword Lab** w/ Chad  
1:00-2:00pm **MBS**

## SUN

**Beat Cycle** w/ Matthew  
9:00-9:45am **CS**

**Core & Power**  
**Yoga** w/ Irina  
9:00-10:00am **MBS**

**Power Hour** w/ Andrea K.  
9:00-10:00am **GFS**

**Yin Yoga** w/ Irina  
10:00-11:00am **MBS**

**WERQ®** w/ Dana  
10:15-11:15am **GFS**

**youth class** **Ages 5-12**  
**Youth Yoga** w/ Megan  
11:15-11:45am **MBS**

**youth class** **Ages 4-up**  
**Wiggle & Flow**  
**Family Yoga**  
w/ Megan  
11:45am-12:15pm **MBS**

**ZUMBA®** w/ Ashley  
4:00-5:00pm **GFS**

## Registration

Registration is required for all classes, and is open 2-days in advance of each class through the Liberty Mobile App or [Online Services](#). Classes are subject to change.

Group fitness classes are open to participants age 12 and up. Strength Cycling participants must be 15 years of age or older (*children age 14 may participate if accompanied by a parent*). Minimum height requirement for cycling classes is 4'10".

## Class Descriptions

Class descriptions are available on our website. Simply scan the QR code to view them directly.



[Click here for class descriptions.](#)

# Group Fitness

Fall 2026

*Revised August 4, 2026*

**Effective September 8, 2026**

*Club closed 11/26, 12/25 & 1/1*

*Alternate Schedules 12/24 & 12/31*



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