

M GROUP FITNESS SCHEDULE M

GROUP FITNESS STUDIO - MARCH 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

| | | | | | |
|--|--|--|--|---|--|
| 5:15 AM BODYPUMP™ Rebekah 45 min G | 5:15 AM | 5:15 AM BODYPUMP™ Sarah T. 45 min G | 5:15 AM | 5:15 AM LM Tone™ Trae 45 min G | 8:30 AM HIGH FITNESS™ Stefanie 55 min G |
| 6:00 AM Functional Strength™ Bree 45 min G | 6:00 AM BODYPUMP™ Kenra 45 min G | 6:00 AM | 6:00 AM STRENGTH DEVELOPMENT™ Bree 45 min G | 6:00 AM BODYPUMP™ Bree 55 min G | 9:30 AM BODYBALANCE™ Jen 55 min G |
| 7:30 AM SALSA HEAT Liz 55 min G | 7:30 AM GENTLE YOGA Therese 55 min G | 7:30 AM SALSA HEAT Zerah 55 min G | 7:30 AM GENTLE YOGA Therese 55 min G | NEW CLASS 7:30 AM GENTLE YOGA Sasha 55 min G | 10:45 AM BODYCOMBAT™ Michaela 55 min G |
| NOW 55 MIN 8:30 AM BODYBALANCE™ Brooke 55 min G | 8:30 AM CARDIO SCULPT Stacy 45 min G | 8:30 AM BODYCOMBAT™ Trae 45 min G | 8:30 AM CARDIO SCULPT Stacy 45 min G | 8:30 AM BODYPUMP™ Melanie 45 min G | 12:00 PM ZUMBA® Larisa 55 min G |
| NEW CLASS 9:30 AM CARDIO SCULPT Or 30/30 BODYCOMBAT & TONE See below for details G | 9:30 AM BODYPUMP™ Trae 55 min G | 9:30 AM CARDIO SCULPT Michaela 55 min G | 9:30 AM BODYPUMP™ Jen 55 min G | 9:30 AM CARDIO SCULPT Melanie 55 min G | |
| 10:45 AM ZUMBA® Larisa 55 min G | 10:45 AM Silver Sneakers® Yoga Stretch Therese 55 min G | 10:45 AM BODYBALANCE™ Jen 55 min G | 10:45 AM Silver Sneakers® Yoga Stretch Therese 55 min G | 10:45 AM Silver Sneakers® Classic Donna 60 min G | |
| 12:00 PM BODYPUMP™ Kenra 45 min G | 12:00 PM LM Tone™ Melanie 45 min G | 12:00 PM BODYPUMP™ Rebekah 45 min G | 12:00 PM BODYBALANCE™ Clara 55 min G | 12:00 PM BODYPUMP™ Brooke 55 min G | 8:30 AM STRENGTH DEVELOPMENT™ Tina 45 min G |
| 2:00 PM Silver Sneakers® Classic Donna 60 min G | 2:00 PM | 2:00 PM Silver Sneakers® Circuit Donna 60 min G | 2:00 PM | 2:00 PM | 9:30 AM BODYCOMBAT™ LOW IMPACT Heather 55 min G |
| 4:30 PM BODYBALANCE™ Jen 55 min G | 5:00 PM GRIT™ STRENGTH Bree 30 min G | 4:30 PM BODYPUMP™ Michaela 55 min G | 4:30 PM LM Shapes™ Michaela 45 min G | 4:30 PM STRENGTH DEVELOPMENT™ Sarah T 45 min G | 10:45 AM ZUMBA® Andrea 55 min G |
| 5:30 PM LM Shapes™ Jen 45 min G | 5:30 PM BODYPUMP™ Brooke 55 min G | 5:30 PM BODYBALANCE™ Brooke 55 min G | 5:30 PM BODYPUMP™ Tina 55 min G | 5:30 PM BODYCOMBAT™ Tina 55 min G | 12:00 PM BODYPUMP™ Tammy 55 min G |

SUNDAY

9:30 AM on MONDAYS

March 3, 2025 class will be Cardio Sculpt with Michaela.

Starting March 10, 2025, this time slot will be a new 30/30 combo class with Les Mills BODYCOMBAT & Les Mills TONE with Trae.

Please be kind and courteous to others and refrain from talking once class has started.
Thank you!



Scan to see class descriptions!

LEGEND

- G Group Fitness Studio
- M Mind & Body
- S Spin Studio
- P Pool
- V Les Mills Virtual
- 👑 Platinum Class



GROUP FITNESS SCHEDULE



CYCLE & WATER - MARCH 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

5:15 AM RPM™
Karen
45 min
S

5:30 AM SPRINT™
Trae
30 min
S

5:15 AM SPRINT™
Bree
30 min
S

5:30 AM SPRINT™
Jamie
30 min
S

5:15 AM SPRINT™
Mindy
30 min
S

8:15 AM SPRINT™
Bree
30 min
S

8:30 AM Rhythm Cycle
Ella
45 min
S

8:30 AM

NEW CLASS 8:30 AM Group Cycle
Jody
45 min
S

8:30 AM

8:30 AM

9:00 AM Aqua Core
Donna
60 min
P

9:30 AM SPRINT™
Mindy
30 min
S

9:30 AM

9:30 AM SPRINT™
Janae
30 min
S

9:30 AM

9:30 AM SPRINT™
Jen
30 min
S

SUNDAY

10:45 AM

10:45 AM SPRINT™
Anna
30 min
S

10:45 AM

10:45 AM Heart Rate Cycle
Lara
55 min
S

10:45 AM

11:15 AM SPRINT™
Caitlen
30 min
S

5:30 PM Heart Rate Cycle
Lara
55 min
S

5:30 PM SPRINT™
Jen
30 min
S

5:30 PM GROUP CYCLE
Betsy
55 min
S

5:30 PM SPRINT™
Mindy
30 min
S

5:30 PM

9:00 AM AQUA FITNESS
Morgan
55 min
P

9:00 AM AQUA FITNESS
Morgan
55 min
P

9:00 AM AQUA FITNESS
Patty
55 min
P

9:00 AM AQUA FITNESS
Morgan
55 min
P

9:00 AM AQUA FITNESS
Morgan
55 min
P

3:30 PM AQUA FITNESS
Cierra
55 min
P

*Please note the times for all classes on Monday & Wednesday!
Congratulations to Megan (Water Fitness) on her new baby!

MIND & BODY SCHEDULE - MARCH 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

5:30 AM BARRE
Kenra
55 min
M

12:00 PM

5:30 AM LM Shapes™
Trae
55 min
M

5:30 AM BARRE
Janelle
55 min
M

5:30 AM BARRE
Kenra
55 min
M

8:15 AM Heated Power Yoga
Brittany
55 min
M

9:30 AM BARRE
Janelle
55 min
M

9:30 AM BARRE
Anna
55 min
M

9:30 AM SoulBody Barre™
Melanie
55 min
M

9:30 AM BARRE
Anna
55 min
M

9:30 AM YIN YOGA
Summer
55 min
M

9:30 AM BARRE
Michaela
55 min
M

10:45 AM

10:45 AM LM Shapes™
Jen
45 min
M

10:45 AM Strong Vinyasa Yoga
Sasha
55 min
M

10:45 AM LM Shapes™
Trae
45 min
M

NEW CLASS 10:45 AM Heated Power Yoga
Brittany
55 min
M

NEW CLASS 10:45 AM LM Shapes™
Jen
45 min
M

12:00 PM

12:00 PM

12:00 PM BARRE
Michaela
55 min
M

12:00 PM SoulBody Barre™
Melanie
55 min
M

12:00 PM

SUNDAY

5:30 PM BARRE
Corrie
55 min
M

5:30 PM Heated Yoga
Jack
75 min
M

5:30 PM BARRE
Michaela
55 min
M

NEW TIME 6:30 PM Restorative Yoga
Sasha
75 min
M

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LEGEND

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- M Mind & Body
- S Spin Studio
- P Pool
- V Les Mills Virtual
- 👑 Platinum Class