



GROUP FITNESS SCHEDULE



GROUP FITNESS STUDIO - JANUARY 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

5:15 AM BODYPUMP™ Rebekah 45 min G	5:15 AM BODYPUMP™ G	5:15 AM BODYPUMP™ Sarah T. 45 min G	NEW CLASS 5:15 AM Cardio Sculpt Trae 45 min G	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 BODYPUMP™ G	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	7:30 AM SALSA HEAT Lisa 55 min G	10:45 AM BODYCOMBAT™ Michaela 55 min G
8:30 AM BODYBALANCE™ Brooke 45 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
9:30 AM CARDIO SCULPT Janae 55 min G	9:30 AM BODYPUMP™ Trae 55 min G	NEW CLASS 9:30 AM LM Shapes™ Michaela 45 min G	9:30 AM BODYPUMP™ Michaela 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	NEW CLASS 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 BODYPUMP™ G	2:00 PM Silver Sneakers® Circuit Donna 60 min G	2:00 PM BODYPUMP™ G	2:00 PM BODYPUMP™ G	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™ Jen 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

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



Scan to see subs or the online version!

LEGEND

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



GROUP FITNESS SCHEDULE



CYCLE & WATER - JANUARY 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)

9:30 AM SPRINT™
Mindy
30 min (S)

9:30 AM
(S)

9:30 AM SPRINT™
Janae
30 min (S)

9:30 AM
(S)

9:30 AM SPRINT™
Jen
30 min (S)

9:00 AM Aqua Core
Donna
60 min (P)

10:45 AM
(S)

10:45 AM SPRINT™
Anna
30 min (S)

10:45 AM
(S)

10:45 AM Heart Rate Cycle
Lara
55 min (S)

10:45 AM
(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
(S)

11:15 AM SPRINT™
Caitlen
30 min (S)

9:00 AM AQUA FITNESS
Liz
55 min (P)

9:00 AM AQUA FITNESS
Morgan
55 min (P)

9:00 AM AQUA FITNESS
Megan
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)

SUNDAY

MIND & BODY SCHEDULE - JANUARY 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

5:30 AM BARRE
Kenra
55 min (M)

5:30 AM
(M)

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 LM Tone™
Janelle
45 min (M)

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)

10:45 AM
(M)

10:45 AM
(M)

12:00 PM BARRE
Michaela
55 min (M)

12:00 PM
(M)

12:00 PM SoulBody Barre™
Melanie
55 min (M)

12:00 PM
(M)

12:00 PM
(M)

12:00 PM
(M)

5:30 PM BARRE
Corrie
55 min (M)

Heated Yoga
Andrea/Brittany
75 min (M)

5:30 PM BARRE
Michaela
55 min (M)

1:15 PM Restorative Yoga
Sasha
75 min (M)

SUNDAY

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- Group Fitness Studio
- Mind & Body
- Spin Studio
- Pool
- Les Mills Virtual
- Platinum Class