GROUP FITNESS SCHEDULE

Effective May 27, 2024

$ = extra charge

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00am Aqua *Stephanie B. Pool*	**7:30-8:30am Rhythm Ride** *Terri I, Cycle Studio*	**8:00-9:00am Step Aerobics** *Kim W, Studio 1*	**8:00-9:00 Contour to the Core** Madi , Studio 1	**8:00-9:00am Aqua** *Mary Ellen W. , Pool*	**8:30-9:30am Strength** *Mary Ellen. Studio 1*	**8:30-9:30am Strength** *Peter F, Studio 1*
8:30am Pilates Reformer Basic $ *Monika H.*	**8:00-9:00 Contour to the Core** *Madi Studio 1*	**8:30-9:15am HIIT Cycle 45** *Judy N., Cycle Studio*	**8:30-9:30am Rhythm Ride** *Terri I , Cycle*	**8:30-9:30am Fit Camp** *Peter F, Studio 1*	**8:30-9:30am Rhythm Ride** *Terri I, Cycle Studio*	**8:30am Pilates Reformer $** *Kim W*
8:30-9:30am HIIT Cycle 45 *Madi W, Cycle Studio*	**8:30am Pilates Reformer Adv. $** *Kim W*	**8:30am Pilates Reformer Int $** *Stephanie B*	**8:30am Pilates Reformer Adv $** *Stephanie B*	**8:30-9:30am Rhythm Ride** *Madi Wolf-K, Cycle Studio*	**8:30am Pilates Reformer Int. $** *Monika H.*	**8:45-10am Hatha Yoga** *Geri A, Yoga Studio*
9:00-10:15am Pilates Mat *Peter Fair, Yoga Studio*	**9:35am Pilates Reformer Int. $** Kim W	**9:00-10:15am Hatha Yoga** *Georgina P, Yoga Studio*	**9:30-10:30am Pilates Sculpt** *Lisa L, Studio 1*	**8:30 Pilates Reformer Adv $** *Monika H*	**9:30-10:30am Pilates Mat** *Peter F, Studio 1*	**9:30-10:30am Rhythm Ride** *Judy N, Cycle Studio*
9:30-10:30am Beyond Barre *Maria M., Studio 1*	**10:00-11:00am Powerbox** *Joseph O, Boxing Studio*	**9:30-10:30am Fit Camp** *Mary Ellen W., Studio 1*	**9:35 Pilates Reformer Int $** *Stephanie B*	**9:00-10:15am Hatha Yoga** *Georgina P, Yoga Studio*	**9:35 Pilates Reformer Adv $** *Kim W*	
9:35am Pilates Reformer Adv. $ *Monika H.*	**10:15-11:30am Hatha Yoga** *Georgina P, Yoga Studio*	**9:35am Pilates Reformer Adv. $** *Kim W*	**10:30-11:45am Hatha Yoga** *Jules P, Yoga Studio*	**9:30-10:30am Beyond Barre** *Mary Ellen W, Studio 1*	**9:45-10:30am Rhythm Ride** *Terri I, Cycle Studio*	
10:30-11:30am Forever Fit *France A., Studio 1*	**5:30-6:30pm Strength** *Stephanie B, Studio 1*	**10:30-11:30am Zumba** *Mary Ellen W, Studio 2*	**5:30-6:30pm Powerbox** *Joseph O, Boxing Studio*	**9:30-10:30am Powerbox** *Joseph O, Boxing Studio*	**10:30-11:30am Cardio Dance** *Michelle T. Studio 1*	
10:40am Pilates Reformer Int. $ *Monika H*	**5:30pm Pilates Reformer Basic $** *Monika H*	**10:30-11:30am Forever Fit** *France A, Studio 1*	***5:30pm Pilates Reformer Adv $*** *Monika H*	***9:35am Pilates Reformer Int. $*** *Kim W*	**10:30 - 11:45am** *Aileen S, Yoga studio*	
4:30-5:30pm Pilates Reformer Int $ *Monika H.*	**6:30-7:30pm Zumba** Mary Ellen W, Studio 2	**10:40am Pilates Reformer Int. $** *Monika H*		**10:30-11:30am Zumba** *Mary Ellen W, Studio 2*	**10:40 Pilates Reformer Int. $** *Kim W*	
5:30-6:30pm fit Camp *Michelle T, Studio 1*		**1:00-2:00pm Aqua** *Madi , Pool*		**10:30-11:30am Forever Fit** *France A, Studio 1*	**11:15-12:15pm Powerbox** *Joseph O, Boxing Studio*	
5:30-6:30pm Rhythm Ride *Peter F, Cycle Studio*		**5:30-6:30pm Fit Camp** *Michelle T, Studio 1*		**10:40 Pilates Reformer Int. $** *Deb P*		
5:30pm Pilates Reformer Int. $ *Monika H*		**5:30-6:30pm Rhythm Ride** *Peter F, Cycle Studio*		**5:15-6:15pm Cardio Dance** *Michelle T, Studio 1*		
6:00-7:15pm Hatha Yoga *Crystal D, Yoga Studio*		**5:30pm Pilates Reformer $** *Monika H*				
6:30-7:30pm Power Box *Joseph O, Boxing Studio*		6:00-7:15pm Hatha Yoga **Starting 6/19 with Jennifer**				
		6:30-7:30pm Powerbox *Joseph O, Boxing Studio*				