



# GROUP FITNESS SCHEDULE

Effective October 1, 2023

\$ = extra charge

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00am Aqua <i>Madi Wolf-K, Pool</i>	7:30-8:30am Rhythm Ride <i>Terri I, Cycle Studio</i>	8:00-9:00am Step Aerobics <i>Kim W, Studio 1</i>	8:00-9:00 Contour to the Core <i>Tracy W, Studio 1</i>	8:00-9:00am Aqua <i>Tracy W, Pool</i>	8:30-9:30am Strength <i>Mary Ellen, Studio 1</i>	8:30-9:30am Strength <i>Peter F, Studio 1</i>
8:30am Pilates Reformer Basic \$ <i>Monika H.</i>	8:00-9:00 Contour to the Core <i>Tracy W Studio 1</i>	8:30-9:15am HIIT Cycle 45 <i>Tracy W, Cycle Studio</i>	8:30-9:30am Rhythm Ride <i>Madi Wolf-K, Cycle</i>	8:30-9:30am Fit Camp <i>Peter F, Studio 1</i>	8:30-9:30am Rhythm Ride <i>Terri I, Cycle Studio</i>	8:30am Pilates Reformer \$ <i>Kim W</i>
8:30-9:15am HIIT Cycle 45 <i>Judy N, Cycle Studio</i>	8:30am Pilates Reformer Adv. \$ <i>Kim W</i>	8:30am Pilates Reformer Int \$ <i>Stephanie B</i>	8:30am Pilates Reformer Adv \$ <i>Stephanie B</i>	8:30-9:30am Rhythm Ride <i>Madi Wolf-K, Cycle Studio</i>	8:30am Pilates Reformer Int. \$ <i>Monika H.</i>	8:45-10am Hatha Yoga <i>Geri A, Yoga Studio</i>
9:00-10:15am Hatha Yoga <i>Brandi H., Yoga Studio</i>	9:35am Pilates Reformer Int. \$ <i>Kim W</i>	9:00-10:15am Hatha Yoga <i>Georgina P, Yoga Studio</i>	9:30-10:30am Pilates Sculpt <i>Lisa L, Studio 1</i>	8:30 Pilates Reformer Adv \$ <i>Monika H</i>	9:30-10:30am Pilates Mat <i>Peter F, Studio 1</i>	9:30-10:30am Rhythm Ride <i>Judy N, Cycle Studio</i>
9:30-10:30am Beyond Barre <i>Maria M., Studio 1</i>	10:00-11:00am Powerbox <i>Joseph O, Boxing Studio</i>	9:30-10:30am Weights & Agility <i>Tracy W, Studio 1</i>	9:35 Pilates Reformer Int \$ <i>Stephanie B</i>	9:00-10:15am Hatha Yoga <i>Georgina P, Yoga Studio</i>	9:35 Pilates Reformer Adv \$ <i>Kim W</i>	9:35am Pilates Reformer Int \$ <i>Monika Hall</i>
9:35am Pilates Reformer Adv. \$ <i>Monika H.</i>	10:15-11:30am Hatha Yoga <i>Georgina P, Yoga Studio</i>	9:35am Pilates Reformer Adv. \$ <i>Kim W</i>	11:30am Pilates Reformer Int. \$ <i>Deb P</i>	9:30-10:30am Beyond Barre <i>Mary Ellen W, Studio 1</i>	9:45-10:45am Rhythm Ride <i>Terri I, Cycle Studio</i>	9:45-10:45am Zumba <i>Frenjelyn C, Studio 1</i>
10:30-11:30am Forever Fit <i>France A., Studio 1</i>	5:30-6:30pm Strength <i>Stephanie B, Studio 1</i>	10:30-11:30am Zumba <i>Mary Ellen W, Studio 2</i>	5:30pm Pilates Reformer Adv \$ <i>Monika H</i>	9:30-10:30am Powerbox <i>Joseph O, Boxing Studio</i>	10:30-11:30am Zumba <i>Obed A. Studio 1</i>	
10:40am Pilates Reformer Int. \$ <i>Monika H</i>	5:30pm Pilates Reformer Basic \$ <i>Monika H</i>	10:30-11:30am Forever Fit <i>France A, Studio 1</i>	5:30-6:30pm Powerbox <i>Joseph O, Boxing Studio</i>	9:35am Pilates Reformer Int. \$ <i>Kim W</i>	11:00 Pilates Reformer Int. \$ <i>Kim W</i>	
4:30-5:30pm Pilates Reformer Int \$ <i>Monika H.</i>	6:30-7:30pm Pilates Mat <i>Stephanie B, Studio 1</i>	10:40am Pilates Reformer Int. \$ <i>Monika H</i>	5:30-6:00pm Strength <i>Maria M, Studio 1</i>	10:30-11:30am Zumba <i>Mary Ellen W, Studio 2</i>	11-12:15pm Lifted Flow Yoga <i>Aileen S, Yoga studio</i>	
5:30-6:30pm fit Camp <i>Michelle T, Studio 1</i>		1:00-2:00pm Aqua <i>Tracy W, Pool</i>	6:30-7:00pm Core <i>Maria M, Studio 1</i>	10:30-11:30am Forever Fit <i>France A, Studio 1</i>	11:15-12:15pm Powerbox <i>Joseph O, Boxing Studio</i>	
5:30-6:30pm Rhythm Ride <i>Peter F, Cycle Studio</i>		5:30-6:30pm Fit Camp <i>Michelle T, Studio 1</i>	6:00-7:15pm Hatha Yoga <i>Krystal D, Yoga Studoi</i>	10:40 Pilates Reformer Int. \$ <i>Deb P</i>		
5:30pm Pilates Reformer Int. \$ <i>Monika H</i>		5:30-6:30pm Rhythm Ride <i>Peter F, Cycle Studio</i>	6:30-7:30pm Zumba <i>Rebecca R, Studio 1</i>	5:15-6:15pm Cardio Latin Dance <i>Michelle T, Studio 1</i>		
6:00-7:15pm Hatha Yoga <i>Crystal D, Yoga Studio</i>		5:30pm Pilates Reformer \$ <i>Monika H</i>				
6:30-7:30pm Power Box <i>Joseph O, Boxing Studio</i>		6:00-7:15pm Hatha Yoga <i>Georgina P, Yoga Studio</i>				
		6:30-7:30pm Powerbox <i>Joseph O, Boxing Studio</i>				
		6:30-7:30pm Zumba <i>Jenny Ramos-H, Studio 1</i>				













































































