

## Group Fitness Studio Class Schedule (Apr 27 - May 24) 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30	TABATA 45m Pam	Group Power 60m Lyn	Cardio, Core, & More 45m Lyn	Group Power 60m Lyn	TABATA 45m Pam		
8:15	Step 60m Debra	TABATA 45m Jeff	Step 60m Debra	TABATA 45m Jeff	ZUMBA 60m Rachel	ZUMBA 60m Jenny / Rachel	
9:15		Group Power 60m Cindy		Group Power 60m Cindy			
9:30						Group Power 60m Dena	
10:15		Beginner Step 45m Laura		Beginner Step 45m Laura			
11:15	Senior Yoga 45m Tomoko		Senior Yoga 45m Tomoko		Senior Yoga 45m Tomoko		
12:00		Strength for Life 45m Matt		Strength for Life 45m Matt			
12:30							BOOTCAMP 30m/30m Elsa
1:00 classroom	Forever Fit 60m Tucker		Forever Fit 60m Antonio		Forever Fit 60m Aaron		
1:45							ZUMBA 60m Natalia
3:00							Group Power 60m Karyn
4:15			ZUMBA 60m Rachel				
4:30	Cardio, Core, & More 45m Pam	TABATA 45m Antonio		Cardio, Core, & More 45m Pam	Group Power 60m Pam		
5:30	Group Power 60m Pam		Group Power 60m Karyn				
6:30	ZUMBA 60m Elsa	ZUMBA 60m Jenny	ZUMBA Toning 60m Elsa	Strong Nation 60m Elsa	ZUMBA 60m Elsa		

## CYCLE Class Schedule (Apr 27 - May 24) 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30	Group Ride 60m Lyn				Group Ride 60m Lyn		
8:15						Group Ride 60m Liana / Pam / Lyn	
8:30		R30 - Pat		R30 - Pat			
11:15		R30 - Pat		R30 - Pat			
5:30	FreeStyle 60m Dena	FreeStyle 60m Dena		Group Ride 60m Pam			

## Mind / Body Class Schedule (Apr 27 - May 24) 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30	BARRE 45m Rachel		BARRE 45m Michelle		BARRE 45m Rachel		

<b>9:20</b>	Group Centergy 60m Laura	Yang Yoga 45m Pat	Yogalates 60m Cindy	Yang Yoga 45m Pat	Group Centergy 60m Laura	Pilates 45m Emily Grace	
<b>10:15</b>		Yin Yoga 45m Pat		Yin Yoga 45m Pat			
<b>10:30</b>						Heated Yoga 60m Pat / Karyn	
<b>12:00</b>						Stressless Stretching 30m Emily	
<b>4:00</b>							Group Centergy 60m Dena
<b>4:30</b>		Group Centergy 60m Lyn	BARRE 45m Michelle	Group Centergy 60m Lyn			
<b>5:15</b>			Yin Yoga 60m Pat				
<b>5:30</b>	Heated Yoga 60m Karyn	Pilates 45m Emily Grace		Heated Yoga 60m Karyn			
<b>6:30</b>	Group Centergy 60m Dena						

### POOL Class Schedule (Apr 27 -May 24) 2026

<b>TIME</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>8:30</b>		Liquid Fitness 60m Muna		Liquid Fitness 60m Antonio			
<b>9:00</b>	Arthritis Aquatics 45m Tucker		Arthritis Aquatics 45m Antonio		Arthritis Aquatics 45m Antonio		
<b>11:00</b>	Arthritis Aquatics 45m Aaron		Arthritis Aquatics 45m Tucker		Arthritis Aquatics 45m Aaron		
<b>5:30</b>	Liquid Fitness 60m Natalia	Liquid Fitness 60m Daniela		Liquid Fitness 60m Daniela			

**Bradley Wellness Center**

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