Group Fitness Studio Class Schedule (Oct 5 - Nov 1) 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 Jeff	TABATA 45m Jeff	Step 60m Jeff	TABATA 45m Jeff	ZUMBA 60m Rachel J	ZUMBA 60m Elsa / 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 Pat		Senior Yoga 45m Michelle		Senior Yoga 45m Pat		
12:00		Strength for Life 45m Matt		Strength for Life 45m Matt			
12:30							BOOTCAMP 60m Elsa
1:00 classroom	Forever Fit 60m Antonio		Forever Fit 60m Antonio		Forever Fit 60m Aaron		
1:45							ZUMBA 60m Natalia
3:00							Group Power 60m Karyn
4:15			ZUMBA 60m Rachel J				
4:30	Cardio, Core, & More 45m Pam			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 Rachel J	ZUMBA Toning 60m Elsa	BOOTCAMP 60m Elsa			

CYCLE Class Schedule (Oct 5 - Nov 1) 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 / Emad	
11:15		R30 - Pat		R30 - Pat			
5:30	FreeStyle 60m Dena	FreeStyle 60m Dena		Group Ride 60m Pam			

Mind / Body Class Schedule (Oct 5 - Nov 1) 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30	BARRE 45m Michelle		BARRE 45m Michelle			Stressless Stretching 30m Emily	
9:20	Group Centergy 60m Laura	Yang Yoga 45m Pat	Yogalates 60m Cindy	Yang Yoga 45m Pat	Group Centergy 60m Laura	Pilates Sculpt 45m Lyn / Michelle	
10:15		Yin Yoga 45m Pat		Yin Yoga 45m Pat			
10:30			Pilates Sculpt 45m Michelle		Pilates Sculpt 45m Rachel J	Heated Yoga 60m Pat / Karyn	
4:00							Group Centergy 60m Dena
4:30		Group Centergy 60m Lyn	BARRE 45m Michelle	Group Centergy 60m Lyn			
5:15			Yin Yoga 60m Pat				
5:30	Heated Yoga 60m Karyn	Pilates Sculpt 45m Rachel J		Heated Yoga 60m Karyn			

POOL Class Schedule (Oct 5 - Nov 1) 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30		Liquid Fitness 60m Daniela		Liquid Fitness 60m Tammy			
9:00	Arthritis Aquatics 45m Antonio		Arthritis Aquatics 45m Antonio		Arthritis Aquatics 45m Antonio		
11:00	Arthritis Aquatics 45m Aaron		Arthritis Aquatics 45m Jason		Arthritis Aquatics 45m Aaron		
5:30	Liquid Fitness 60m Natalia	Liquid Fitness 60m Daniela		Liquid Fitness 60m Daniela			