

Group Fitness Schedule

MARCH 2026



New Class

Please Note

Virtual Class

TIME	MON.	TUES.	WED.	THURS.	FRI.	SAT.	
5:40 to 6:00 a.m.	Body Pump (AR) 5:40 am	Body Balance (AR) 6:00 am	SUNRISE-SPIN (CR) Lexi 6:30am	Body Balance (AR) 6:00 am	Body Pump (AR) 5:40 am		
6:30 to 7:00 a.m.	Body Pump (AR) 6:30 am	Body Pump (AR) 6:45 am	Body Pump (AR) 6:30 am	Body Pump (AR) 6:45 am	Body Pump (AR) 6:30 am		
7:45 to 8:30 a.m.	Pilates (AR) 8:00 am Jennifer	Gentle Yoga (AR) 8:00 am Michelle	Body Combat (AR) 7:45 am	Gentle Yoga (AR) 8:00 am Michelle	Pilates (AR) 8:00 am Jennifer	Body Pump (AR) 8:00 am	
	Turbo-Spin (CR) Dee V. 8:00 am	Turbo-Spin (CR) MIKE 8:00 am	Turbo Spin (CR) Dee V. 8:00 am	Turbo-Spin (CR) MIKE 8:00 am	Turbo-Spin (CR) Dee V. 8:00 am		
	TABATA (GYM) Robyn 8:00 am	Zumba GYM 8:30 am Lisa	Zumba GYM 8:30 am Annette	Zumba GYM 8:30 am Lisa	Kick Boxing (GYM) 8:00 am Kelly		
9:00 to 9:30 a.m.	Battle Body GYM 9:00 am Lisa D.	Biker Barre (CR) 9:00 am Sina	Body Pump (AR) 9:00 am	Biker Barre (CR) 9:00 am Sina	L.I.I.T. (GYM) 9:00 am Laura	Kick Boxing (GYM) 9:00 am Kelly	
	Body Pump (AR) 9:00 am	Intermediate Yoga (AR) Laura 9:30 am	Spin Express (CR) 9:00 am Sina	Stretch & Restore LINDA (AR) 9:00 am	Body Pump (AR) 9:00 am	Turbo-Spin (CR) 9:00 am MIKE	
		Battle Body GYM 9:30 am Lisa D.	Express HIIT GYM 9:30 am Ann	Max Burn GYM 9:30 am Lisa D.			
10:00 to 10:30 a.m.	Max Burn (AR) 10:00 am Lisa D.	Turbo-Spin (CR) 10:00 am Jenna	Max Burn (AR) 10:00 am Lisa D.	Barre-lates (AR) 10:00 am SINA	Intermediate Yoga 10:00 am Laura (AR)	Zumba GYM 10:00am Matt	
	Move & Improve GYM 10:00 am Laura	Pilates (AR) 10:30 am Jennifer	Move & Improve GYM 10:15 am Laura	Turbo-Spin (CR) 10:00 am Jenna	Strength/Cardio GYM 10:00 am Robyn	Gentle Yoga (AR) 10:00 am Marc	
		Butts-N-Guts GYM 10:30 am Robyn		Strength/Cardio Intervals 10:30am Jennifer GYM			
11:00 to 11:30 a.m.	Gentle Yoga (AR) 11:00 am Laura	Chair Fitness (AR) 11:30 am Cindy		F.A.B. (GYM) Jennifer 11:30am	Stretch FUSION (AR) 11:00 am Mark H.	Gentle Yoga (AR) 11:00 am Marc	
	Zumba GYM 11:00am Robyn		Zumba (AR) 11:00am Robyn	Chair Fitness (AR) 11:30 am Cindy			Zumba GYM 11:00am Robyn
12:00 to 12:15pm	Body Pump (AR) 12:15 pm	Core & Stretch (AR) 12:30 Cindy	Body Pump (AR) 12:15 pm.	Core & Stretch (AR) 12:30 Cindy	Body Pump (AR) 12:15 pm		
4:00 to 4:30 p.m.	Sit & Sculpt (AR) 4:00 pm Lisa D.		Sit & Sculpt (AR) 4:00pm Lisa D.		<p>PLEASE NOTE:</p> <ul style="list-style-type: none"> ⇒ LIVE FITNESS CLASSES ARE 50 MINUTES. VIRTUAL CLASSES ARE 55 MINUTES ⇒ ALL CLASS SCHEDULES ARE SUBJECT TO CHANGE ⇒ GYM = Gymnasium ⇒ (AR) = Aerobics Room ⇒ CR = Classroom 		
	Turbo-Spin (CR) Jenny 4:30 pm		BOOT-CAMP (GYM) CJ 4:30pm				
5:30 p.m.	Battle Body (AR) 5:30 pm Lisa D.	Body Pump (AR) 5:30 pm Ann	Battle Body(AR)	Body Pump (AR) 5:30 pm Ann			
	Turbo Spin 5:30 pm Mike		Turbo Spin - CJ				
			ZUMBA (GYM) Matt				
6:30 p.m.	Pilates (AR) 6:30 pm Ursela	Zumba Tone (AR) 6:30 pm. Mia	Pilates (AR) 6:30pm Ursela	Zumba (AR) 6:30 pm Mia			

Group Fitness Class Descriptions

Battle Body: A unique bootcamp style workout that is for ALL fitness levels. The workout is designed to challenge you to build strength, increase cardio, boost energy, make friends & achieve your fitness goals. Bring a mat.

BARRE-Lates – high intensity low impact fitness fusion combining barre movements with core-focused Pilates.

Butts-N-Guts: Glute and Ab training...Great for overall core strength and Conditioning. Bring a mat.

Biker-Barre: Spin Class with a twist. 1/2 Cycling and 1/2 Barre combined for the ultimate fitness experience.

Body Balance (Les Mills Virtual): Flow yoga style class. Please bring a mat.

Bodycombat/Kickboxing: A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 570 calories per class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

Body Pump (Les Mills Live and Virtual): Using light to moderate weights with lots of repetition, Body Pump gives you a total body workout. It will burn up to 540 calories per class. Instructors will coach you through the scientifically-proven moves and techniques, pumping out encouragement, motivation, and great music.

BOOT-CAMP: a high-intensity, group fitness session, combining cardio and strength exercises, often in circuits, to build overall fitness, endurance, and functional strength in a motivating, challenging atmosphere.

Chair Fitness: Non-impact, chair-based workout that includes exercises to improve muscular strength, range of motion, balance and flexibility. Some standing exercises will be introduced.

Core & Stretch: CORE and Stretch interval combined with a variety of fitness modalities, awesome class for all fitness levels. *Please Bring a Mat.*

Express HIIT: (30 minutes) of High Intensity Interval Training (HIIT) to yield the most benefits in a short amount of time. Cardio and strength exercises followed by core conditioning. Participants should bring their own mat.

F.A.B. (Firming Abs & Butts): Get in and out with this fast paced 30min Ab & Glute burn. *Bring a Mat.

Gentle Yoga: Restore, revitalize, & renew your mind and body while you ease into poses to release stress, strengthen your core, and increase bone density. Great for all levels of fitness. Participants should bring their own mat.

Intermediate Yoga: A flowing sequence of basic yoga postures is practiced in a variety of positions (seated, kneeling, standing, supine, etc). yoga blanket is recommended but not necessary. Please bring a mat.

L.I.I.T.: Low-Impact Interval Training(no Jumping)class designed to boost muscle tone, core strength, balance,flexibility,cardio, and endurance without taking a toll on your joints. PLEASE Bring a mat.

Max Burn: Utilizing dumbbells, bars, plates, bands, and bodyweight. Max Burn will improve your muscular strength and endurance while re-shaping your body. You will burn fat and see your body composition change. Bring a mat.

Move & Improve: Love to dance? This easy-to-follow, choreographed, low-impact, full-body workout is done rhythmically to music. and offers a balanced combination of cardio, strengthening, and stretching. You will burn calories and improve muscle tone, balance, flexibility, and endurance, all while moving to the beat in this super-fun class. All levels.

Pilates: A system of exercises typically performed on a floor mat, designed to improve physical strength, flexibility, and posture, and enhance mental awareness. Please Bring a Mat

Sit & Sculpt: Non-impact, chair-based workout that includes exercises to improve muscular strength, range of motion, balance and flexibility. Some standing exercises will be introduced.

Spin Express: 1/2 hour Spin class alternates HIIT, upper body using light weights. Entire class done on bike. Super calorie burn!

Strength & Cardio Intervals: Build a strong, functional body with combination strength training and cardio workout. Smart, varied training designed to work all muscle groups. Lift and sweat to a better you. Please bring a mat.

Stretch FUSION: Stretch, Balance, Flexibility, strength fused into one amazing class. Bring Mat.

Stretch & Restore: Restore, revitalize, & renew your mind and body while you ease into poses to release stress, strengthen your core and increase bone density. Great for all levels of fitness. Participants should bring their own mat.

TABATA: Interval combination of Strength / Cardio/ and Stretch. Bring a mat.

Tread & Tone: A low-impact cardio and resistance training class. Get your steps in while increasing strength, core stability, and balance! No mat required; wear supportive walking shoes. Beginner friendly.

Turbo-Spin: This class targets the large muscle groups (calves, hamstrings and thighs) in your legs to shape up fast, whilst strengthening the abdominal muscles necessary to maintain your upper body rhythm.

Zumba®: The Zumba® program fuses Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness experience!The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat.

Zumba®-Tone: Dance fitness, but taken to the next level by adding lightweight toning sticks or dumbbells. Emphasizing muscle work along with rhythm