



Group Fitness Schedule Winter 2025-2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM		Spin Leslie				
8:00 AM	Spinerval Rachel	HIIT Explosion Cindy	Barre Amanda	HIIT Explosion Rachel (Gym)	Ultimate Fizique Rachel	
9:05 AM	Yoga Cindy	Zumba Amanda	Bootcamp Megan/JB 9:00 (Gym)	Core-lates Rachel	Yoga Allison	
			Chair Yoga Amanda			
10:10 AM	Senior Aerobics Amanda	Silver Sneakers Classic Amanda	Silver & Fit Rachel	Silver Sneakers Classic Patty	Line Pump Patty	
5:15 PM			Yoga Allison	Shine Whitney		
6:00 PM	Spin Rachel	Ultimate Fizique Rachel	Uplift Whitney 6:30	Spinerval JB		

*Classes and instructors may vary.

**All spin classes will be held in our spin room. All other classes, unless noted otherwise, are to be held in our aerobics room.