



Group Fitness Schedule: Summer 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	Ultimate Fizique Rachel	
9:05 AM	Yoga Cindy	Zumba Amanda	Bootcamp Megan 9:00 Chair Yoga Amanda	Core-lates Rachel	Yoga Allison	
10:10 AM	Senior Aerobics Amanda	Silver Sneakers Classic Amanda	Silver & Fit Rachel	Silver Sneakers Classic Patty	Line Pump Patty	
5:15 PM	NEW! Core & Restore Courtney		Yoga Allison	Shine Whitney		
6:00 PM	Spinerval Rachel	Ultimate Fizique Rachel	Uplift Whitney 6:30	Cosmic Spinerval JB Intro to Line Dance Fran 6:30-7:30 NEW!		

*Classes and instructors may vary.