Group Fitness Schedule
Fall/Winter 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)** **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			**Yoga** Allison	**Shine** Whitney		
6:00 PM	**Spinerval** Rachel **Hit That Core** Courtney	**Ultimate Fizique** Rachel	**Uplift** Whitney **6:30**	**Cosmic Spinerval** JB **Intro to Line Dance** Fran **6:30-7:30**		

*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.