

# GROUP FITNESS SCHEDULE

| TIME                    | MONDAY                                               | TUESDAY                                                                                                       | WEDNESDAY                                                                                    | THURSDAY                                           | FRIDAY                                                                                                                    |
|-------------------------|------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| 11 AM                   | Power Pilates w/Brooke<br>11:10 A.M. - 12 P.M. (AR1) | Total Tone - Lower Body<br>w/Kathy<br>10:50 - 11:20 A.M. (AR1)                                                | Yoga Flow w/Brooke<br>11:10 A.M. - 12 P.M. (AR1)                                             | Yoga 101 w/Genevieve<br>11:10 A.M. - 12 P.M. (AR1) | Stretch & Strengthen<br>w/Olivia<br>10:50 - 11:20 A.M. (AR1)                                                              |
| 12 PM                   | Rock 'N' Roll Spin w/Ed<br>12:10 - 1 P.M. (AR2)      | Total Tone - Upper Body<br>w/Kathy<br>11:30 A.M. - 12 P.M. (AR1)<br><br>CrossFit w/JP<br>12:10 - 1 P.M. (AR1) | Zumba w/Jennifer<br>12:10-1:00 P.M. (AR1)<br><br>Spin & Core w/Norah<br>12:10 - 1 P.M. (AR2) | Circuit Training w/Norah<br>12:10 - 1 P.M. (AR1)   | Stretch & Strengthen<br>w/Olivia<br>11:30 A.M. - 12 P.M. (AR1)<br><br>Progressive Pilates w/Norah<br>12:10 - 1 P.M. (AR1) |
| 1 PM                    |                                                      | Mind & Body Yoga<br>w/Deanna<br>1:10 - 2 P.M. (AR1)                                                           |                                                                                              | Rest & Reset<br>w/Heather<br>1:10 - 1:40 P.M.      | Dance 101 w/Olivia<br>1:10 - 2 P.M. (AR1)                                                                                 |
| 2 PM                    |                                                      | Mindful Movers Hike<br>w/Heather (Outdoors)<br>2 - 3:30 P.M.                                                  |                                                                                              |                                                    |                                                                                                                           |
| 3 PM                    |                                                      |                                                                                                               |                                                                                              |                                                    |                                                                                                                           |
| 4 PM                    | Mat Pilates w/Kathy<br>4:40 - 5:30 P.M. (AR1)        |                                                                                                               | Total Tone - Lower Body<br>w/Kathy<br>4:40 - 5:10 P.M. (AR1)                                 |                                                    |                                                                                                                           |
| 5 PM                    |                                                      |                                                                                                               | Total Tone - Upper Body<br>w/Kathy<br>5:20 - 5:50 P.M. (AR1)                                 | CrossFit w/JP<br>5:10 - 6 P.M. (AR1)               |                                                                                                                           |
| FEMFLEX STUDIO<br>HOURS | 7:30 - 9:30 P.M.                                     | 12 - 2 P.M.                                                                                                   | 2 - 4 P.M.                                                                                   | 12 - 2 P.M.                                        | 4:30 - 6:30 P.M.                                                                                                          |

AR1 - G2013 | AR2 - G2009 | FEMFLEX - G2018

September 20 - December 11, 2026

