

GROUP FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11 AM	Power Pilates w/Brooke 11:10-12:00 (AR1)	Pilates Total Tone w/Kathy 11:10-12:00 (AR1)	Strength & Strengthen w/Olivia 11:10-12:00 (AR1)	Mat Pilates w/Kathy 11:10-12:00 (AR1)	
12 PM	Flow State Yoga w/Brooke 12:10-1:00 (AR1)	Zumba w/Jennifer 12:10-1:00 (AR1)	Vinyasa Yoga w/Genevieve 12:10-1:00 (AR1) Spin & Core w/Norah 12:10-1:00 (AR2)	Strength Training w/Norah 12:10-1:00 (AR1)	Progressive Pilates w/Norah 12:10-1:00 (AR1)
1 PM	Dance Evolution (Progressive) w/Olivia 1:10-2:00 (AR1)	Mind & Body Yoga w/Deanna 1:10-2:00 (AR1)			
2 PM		FEMFLEX Circuit Training w/Allison 2:10-3:00			
3 PM					
4 PM		CrossFit Club w/JPT 4:10-5:00 (AR1)	Total Tone - Lower Body w/Kathy 4:20-4:50 (AR1)	CrossFit Club w/JPT 4:10-5:00 (Polonsky)	
5 PM			Total Tone - Upper Body w/Kathy 5:00-5:30 (AR1)		
FEMFLEX STUDIO HOURS	11 AM - 1 PM	3 PM - 4 PM	11 AM - 1 PM	12 PM - 2 PM	11 AM - 1 PM

AR1 - Aerobics Room 1 (G2013)

AR2 - Aerobics Room 2 (G2009)



May 4 - June 26, 2026

