



EFFECTIVE: May 1st 2024

GROUP FITNESS

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:00a	LES MILLS BODYCOMBAT Jessica	LES MILLS BODYPUMP Melody	LES MILLS BODYCOMBAT Jessica	LES MILLS BODYPUMP Cristina	POWER HOUR Noel		
8:15a	T.B.C. Chris	REP 45 Noel	LES MILLS BODYCOMBAT Melody	REP 45 Noel	ZUMBA Jenny	LES MILLS BODYCOMBAT Ara 8:00	
9:15a	LES MILLS BODYPUMP Noel	T.B.C. Michelle	LES MILLS BODYPUMP Sheree	T.B.C. Chris	LES MILLS BODYPUMP Sheree	ZUMBA Rachel	
10:30a	YOGA Michelle	YOGA Michelle	YOGA Cindi	YOGA Chris	YOGA Chris	LES MILLS BODYPUMP Rachel	POWER HOUR Michele M 12:15
11:30a	HEALTHWAYS Silver Sneakers Michelle	HEALTHWAYS Silver Sneakers Chris	HEALTHWAYS Silver Sneakers Noel	HEALTHWAYS Silver Sneakers Noel	HEALTHWAYS Silver Sneakers Jay	YOGA Kanisha 11:45	ZUMBA Ariel 1:30
4:30p	Core Rachel	LES MILLS BODYPUMP 45 Noel	Core Michelle	LES MILLS BODYPUMP 45 Ara	ZUMBA Lorena		LES MILLS BODYCOMBAT Chandler 2:35
5:35p	ZUMBA Ariel	LES MILLS BODYCOMBAT Stacee	LES MILLS BODYPUMP Alternating 5:30	LES MILLS BODYCOMBAT Chandler	LES MILLS BODYPUMP Jocelyn		
6:40p	BUTTS & GUTS Michele M	LES MILLS BODYPUMP Jocelyn	YOGA Talisha	ZUMBA Christina			

GROUP FITNESS ROOM

	Mon	Tues	Wed	Thurs	Fri
10:30a	AQUA SPLASH Jenny	AQUA SPLASH Emmanuel	AQUA SPLASH Emmanuel	AQUA SPLASH Michelle	AQUA SPLASH Jenny
5:30p	AQUA SPLASH Michelle	AQUA SPLASH Tammy	AQUA SPLASH Michelle	AQUA SPLASH Lauryn/Michelle	

POOL

	Mon	Tues	Wed	Thurs	Fri	Sat
5:00a	LES MILLS RPM Tammy		LES MILLS RPM Misty		LES MILLS RPM Tammy	
8:15a	LES MILLS RPM Liz				LES MILLS RPM Stephanie	
9:15a		LES MILLS RPM Patty		LES MILLS RPM Liz		LES MILLS RPM Deena
5:30p	LES MILLS RPM Misty		LES MILLS RPM Deena			

CYCLING ROOM

	Mon	Tues	Wed	Thurs	Fri
8:15a		Pilates Page	YOGA Noel	Pilates Page	
9:15a	Barre Page		Barre Page		Barre Chris
5:30p		YOGA Alternating		YOGA Noel	

YOGA PILATES ROOM