



# GROUP FITNESS

EFFECTIVE: February 1st 2025

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:00a	<b>REP 45</b> Stephanie	<b>LES MILLS BODYPUMP</b> Melody	<b>REP 45</b> Elizabeth	<b>LES MILLS BODYCOMBAT</b> Jessica	<b>LES MILLS BODYPUMP</b> Rachel		
8:15a	<b>T.B.C.</b> Noel	<b>REP 45</b> Noel	<b>LES MILLS BODYCOMBAT</b> Melody	<b>REP 45</b> Emmanuel	<b>LES MILLS BODYPUMP</b> Afton	<b>LES MILLS BODYCOMBAT</b> Ara (8:00)	
9:15a	<b>LES MILLS BODYPUMP</b> Noel	<b>T.B.C.</b> Chris	<b>LES MILLS BODYPUMP</b> Sheree	<b>T.B.C.</b> Michelle W.	<b>StepFit</b> Sheree	<b>ZUMBA</b> Rachel	
10:30a	<b>YOGA</b> Tommasina	<b>YOGA</b> Chris	<b>YOGA</b> Noel	<b>YOGA</b> Tommasina	<b>YOGA</b> Michelle L.	<b>LES MILLS BODYPUMP</b> Rachel	<b>YOGA</b> Tommasina (1:00)
11:30a	<b>SilverSneakers</b> Tommasina <i>Healthways circuit</i>	<b>SilverSneakers</b> Chris <i>Healthways Classic</i>	<b>SilverSneakers</b> Chris <i>Healthways circuit</i>	<b>SilverSneakers</b> Michelle W. <i>Healthways Classic</i>	<b>SilverSneakers</b> Jay <i>Healthways Yoga</i>	<b>YOGA</b> Kanisha (11:45)	<b>ZUMBA</b> Kelly (2:00)
4:30p	<b>LES MILLS BODYCOMBAT</b> Ara	<b>T.B.C.</b> Noel	<b>ZUMBA</b> Kelly	<b>LES MILLS BODYPUMP 45</b> Ara	<b>ZUMBA</b> Lorena		<b>REP 45</b> Kelly (3:15)
5:30p	<b>ZUMBA</b> Ariel	<b>LES MILLS BODYCOMBAT</b> Stacee	<b>LES MILLS BODYPUMP</b> LaToya	<b>LES MILLS BODYCOMBAT</b> Stacee	<b>LES MILLS BODYPUMP</b> Jocelyn		
6:40p	<b>BUTTS &amp; GUTS</b> Michele M	<b>ZUMBA</b> Christina	<b>YOGA</b> Talisha	<b>ZUMBA</b> Rachada			

GROUP FITNESS ROOM

	Mon	Tues	Wed	Thurs	Fri
10:30a	<b>AQUA SPLASH</b> Jenny	<b>AQUA SPLASH</b> Emmanuel	<b>AQUA SPLASH</b> Jenny	<b>AQUA SPLASH</b> Michelle W.	<b>AQUA SPLASH</b> Emmanuel
5:30p	<b>AQUA SPLASH</b> Zouie	<b>AQUA SPLASH</b> Tammy	<b>AQUA SPLASH</b> Lorena	<b>AQUA SPLASH</b> Lauryn/Misty	

POOL

CYCLING ROOM

	Mon	Tues	Wed	Thurs	Fri	Sat
5:00a	<b>LES MILLS RPM</b> Tammy		<b>LES MILLS RPM</b> Misty		<b>LES MILLS RPM</b> Tammy	
8:15a	<b>LES MILLS RPM</b> Afton				<b>LES MILLS RPM</b> Stephanie	
9:15a		<b>LES MILLS RPM</b> Patty		<b>LES MILLS RPM</b> rotating		<b>LES MILLS RPM</b> Deena
5:30p	<b>LES MILLS RPM</b> Misty		<b>LES MILLS RPM</b> Deena	<b>Winter Spin:6pm</b> Michele M		

	Mon	Tues	Wed	Thurs	Fri
8:15a	<b>Core45</b> Emmanuel		<b>Core45</b> Emmanuel	<b>Core45</b> Tommasina	
9:15a	<b>Pilates Fusion</b> Tommasina		<b>Barre</b> Chris	<b>Pilates Fusion</b> Tommasina	<b>Pilates Fusion</b> Michelle L.
4:30p	<b>Core45</b> Emmanuel	<b>Pilates Fusion</b> Tommasina		<b>Pilates Fusion</b> Michelle L.	
5:30p		<b>YOGA</b> Tommasina		<b>YOGA</b> Michelle L.	

YOGA PILATES ROOM