



EFFECTIVE: May 1st 2025

GROUP FITNESS

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:00a	LES MILLS BODYPUMP Rachel	Core45 Ara	REP 45 Elizabeth	LES MILLS BODYCOMBAT Jessica			
8:15a	ZUMBA Leta	REP 45 Noel	LES MILLS BODYCOMBAT Melody	REP 45 Emmanuel	LES MILLS BODYPUMP 45 Afton	LES MILLS BODYCOMBAT Ara (8:00)	
9:15a	LES MILLS BODYPUMP Noel	T.B.C. Chris	StepFit Sheree	T.B.C. Michelle W.	ZUMBA Lorena	ZUMBA Rachel	
10:30a	YOGA Tommasina	YOGA Chris	YOGA Cindi	YOGA Sharon	YOGA Michelle L.	LES MILLS BODYPUMP Rachel	YOGA 7EOW Tommasina (1:00)
11:30a	Silver Sneakers Michelle W. <i>circuit</i>	Silver Sneakers Chris <i>Classic</i>	Silver Sneakers Sharon <i>circuit</i>	Silver Sneakers Michelle W. <i>Classic</i>	Silver Sneakers Jay <i>Yoga</i>	YOGA Kanisha (11:45)	ZUMBA Kelly (2:00)
12:35p	Silver Strength Emmanuel		Silver Sneakers Sharon <i>BOOM</i>				
4:30p	LES MILLS BODYCOMBAT Ara	LES MILLS BODYPUMP 45 Ara	ZUMBA STEP Justin	LES MILLS BODYPUMP 45 Ara	ZUMBA Lorena		REP 45 Kelly (3:15)
5:30p	ZUMBA Ariel	LES MILLS BODYCOMBAT Stacey	LES MILLS BODYPUMP LaToya	LES MILLS BODYCOMBAT Stacey	LES MILLS BODYPUMP Jocelyn		
6:40p	BUTTS-GUTS Michele M	ZUMBA Kelly	YOGA Michelle L.	ZUMBA Rachada			

GROUP FITNESS ROOM

	Mon	Tues	Wed	Thurs	Fri
10:30a	AQUA SPLASH Jenny	AQUA SPLASH Emmanuel	AQUA SPLASH Jenny	AQUA SPLASH Michelle W.	AQUA SPLASH Emmanuel
5:30p	AQUA SPLASH Ara	AQUA SPLASH Tammy	AQUA SPLASH Lorena	AQUA SPLASH Misty	

POOL

CYCLING ROOM

	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 Stephanie	
9:15a		LES MILLS RPM Patty		LES MILLS RPM rotating		LES MILLS RPM Deena
5:30p	LES MILLS RPM Misty		LES MILLS RPM Deena			

	Mon	Tues	Wed	Thurs	Fri
8:15a	Core45 Emmanuel		Core45 Emmanuel	Core45 Sharon	
9:15a	Pilates Fusion Tommasina		Barre Chris	Pilates Fusion Sharon	Pilates Fusion Michelle L.
4:30p	Core45 Emmanuel	Pilates Fusion Sammi		Pilates Fusion Michelle L.	
5:30p		YOGA 7EOW Sammi		YOGA 7EOW Michelle L.	

YOGA PILATES ROOM