



EFFECTIVE: Oct 1st 2025

GROUP FITNESS

GROUP FITNESS ROOM

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:00a	LesMills BODYPUMP Ara	Core45 Ara	YOGA Sculpt Sammi	LesMills BODYCOMBAT Jessica			
8:15a	ZUMBA Lela	POUNCE Sharon	LesMills BODYCOMBAT Melody	REP 45 Emmanuel	ZUMBA Lorena	LesMills BODYCOMBAT Ara (8:10)	
9:15a	LesMills BODYPUMP Noel	T.B.C. Chris	Step Bands Noel	T.B.C. Michelle W.	LesMills BODYPUMP Afton	ZUMBA Rachel/Kelly	
10:30a	YOGA Tommasina	YOGA Chris	YOGA Cindi	YOGA Sharon	YOGA Michelle L.	LesMills BODYPUMP Rachel	ZUMBA STEP Justin (1:00)
11:30a	Silver Sneakers Michelle W. circuit	Silver Sneakers Carol Classic	Silver Sneakers Sharon circuit	Silver Sneakers Michelle W. Classic	Silver Sneakers Jay Yoga		ZUMBA Kelly (2:00)
12:40p	Silver Strength 45 min Emmanuel		Silver Sneakers Sharon- (BOOM)	Silver Sneakers 45 min Carol- (stretch)			REP 45 Kelly (3:15)
4:30p	LesMills BODYCOMBAT Ara	LesMills BODYPUMP 45 Ara	ZUMBA Trentan	LesMills BODYPUMP 45 Ara	ZUMBA Lorena		
5:30p	ZUMBA Ariel	LesMills BODYCOMBAT Stacey	LesMills BODYPUMP LaToya	LesMills BODYCOMBAT Stacey	LesMills BODYPUMP Ara		
6:40p	BUTTS & GUTS Michele M	ZUMBA Kelly	X-TREME HIP-HOP DJ	ZUMBA Rachada	X-TREME HIP-HOP DJ		

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

POOL

CYCLING ROOM

	Mon	Tues	Wed	Thurs	Fri	Sat
5:00a	LesMills RPM Tammy		LesMills RPM Misty		LesMills RPM Tammy	
8:15a	LesMills RPM Liz				LesMills RPM Stephanie	
9:15a		LesMills RPM Patty		LesMills RPM Lucy/Jamie		LesMills RPM Deena
5:30p	LesMills RPM Misty		LesMills RPM Deena			

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

YOGA PILATES ROOM