



EFFECTIVE: Jan 1st 2026

GROUP FITNESS

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:00a	LES MILLS BODYPUMP Ara	Core45 Ara	REP 45 Elizabeth	LES MILLS BODYCOMBAT Jessica			
8:15a	Boxing Fusion Michelle L.	POUND Sharon	LES MILLS BODYCOMBAT Melody	REP 45 Emmanuel	ZUMBA Lorena	LES MILLS BODYCOMBAT Ara (8:10)	
9:15a	LES MILLS BODYPUMP Noel	T.B.C. Chris	LES MILLS BODYPUMP Sondra	T.B.C. Michelle W.	LES MILLS BODYPUMP Rotating	ZUMBA Rachel/Kelly	
10:30a	YOGA Tommasina	YOGA Chris	YOGA Cindi	YOGA Sharon	YOGA Sondra	LES MILLS BODYPUMP Rachel	
11:30a	HEALTHWAYS SilverSneakers Michelle W. <i>circuit</i>	HEALTHWAYS SilverSneakers Carol <i>Classic</i>	HEALTHWAYS SilverSneakers Sharon <i>circuit</i>	HEALTHWAYS SilverSneakers Michelle W. <i>Classic</i>	HEALTHWAYS SilverSneakers Jay <i>Yoga</i>	Yin Yoga Kanisha (11:45)	ZUMBA Kelly (2:00)
	Silver Strength 45 min Emmanuel		HEALTHWAYS SilverSneakers Sharon- (BOOM)				REP 45 Kelly (3:15)
4:30p	REP 45 Emmanuel	LES MILLS BODYPUMP 45 Ara	ZUMBA Trentan	LES MILLS BODYPUMP 45 Ara	ZUMBA Lorena		
5:30p	ZUMBA Ariel	LES MILLS BODYCOMBAT Stacee	LES MILLS BODYPUMP LaToya	LES MILLS BODYCOMBAT Stacee	REP 60 Michele M.		
6:40p	BUTTS&GUTS Michele M	ZUMBA Kelly	XTREME HIP-HOP DJ- Intermediate	ZUMBA Rachada	XTREME HIP-HOP DJ-Advanced		

GROUP FITNESS ROOM

	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 Tammy	AQUA SPLASH Ara	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 Liz				LES MILLS RPM Jamie	
9:15a		LES MILLS RPM Patty		LES MILLS RPM Lucy/Jamie		LES MILLS RPM Deena
5:30p	LES MILLS RPM Misty		LES MILLS RPM Deena			

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

YOGA PILATES ROOM