

GROUP FITNESS

EFFECTIVE: August 1st 2026



HYDRO CUT/ PT
(POOL)

	Monday	Thursday
9:15a	Hydro Cut Emmanual	Hydro Cut Emmanual
4:15p		Hydro Cut Emmanual

GROUP FITNESS ROOM

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:00a	Boot Camp Tammy	LES MILLS BODYPUMP Ara		LES MILLS BODYCOMBAT Ara			
8:15a	Step Bands Noel	POUND Sharon	LES MILLS BODYCOMBAT Melody	REP 45 Emmanuel	ZUMBA Lorena		
9:15a	LES MILLS BODYPUMP Rotating	T.B.C. Chris	Barbell Bootcamp Sharon	T.B.C. Michelle	LES MILLS BODYPUMP Rachel	ZUMBA Rachel	
10:30a	YOGA Tommasina	YOGA Chris	YOGA Cindi	YOGA Sharon	YOGA Tommasina	LES MILLS BODYPUMP Rachel	
11:30a	HEALTHWAYS SilverSneakers Michelle W. circuit	HEALTHWAYS SilverSneakers Carol Classic	HEALTHWAYS SilverSneakers Sharon circuit	HEALTHWAYS SilverSneakers Chris Classic	HEALTHWAYS SilverSneakers Jay Yoga	Yin Yoga Kanisha (11:45)	ZUMBA Kelly (2:00)
12:30a	Silver Strength Emmanuel	Silver Stretch Carol	Silver Strength Sharon				REP 45 Kelly (3:15)
4:30p	REP 45 Emmanuel	LES MILLS BODYPUMP 45 Ara	ZUMBA Lorena	LES MILLS BODYPUMP 45 Ara	ZUMBA Lorena		
5:30p	ZUMBA Ariel	LES MILLS BODYCOMBAT Stacey	LES MILLS BODYPUMP LaToya	LES MILLS BODYCOMBAT Ara	Boot Camp Michele M.		
6:40p	BUTTS & GUTS Michele M	ZUMBA Kelly	REP 60 Michele M.	ZUMBA Rachada			

POOL

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

YOGA PILATES ROOM

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

	Mon	Tues	Wed	Thurs	Fri
8:15a					
9:15a	Pilates Fusion Tommasina	Barre Jenny	Barre Chris	Pilates Fusion Sharon	Barre Jenny
4:30p	Barre Michelle L.				
5:30p				Yoga Flow Michelle L.	

CYCLING ROOM