

# GROUP FITNESS

EFFECTIVE: July 1st 2026



HYDRO CUT/ PT  
(POOL)

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

GROUP FITNESS ROOM

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

POOL

	Mon	Tues	Wed	Thurs	Fri	Sat
10:30a	<b>AQUA SPLASH</b> Khloe	<b>AQUA SPLASH</b> Emmanuel	<b>AQUA SPLASH</b> Michelle L.	<b>AQUA SPLASH</b> Michelle W.	<b>AQUA SPLASH</b> Emmanuel	<b>AQUA SPLASH</b> Noel/Tammy
5:30p	<b>AQUA SPLASH</b> Tammy	<b>AQUA SPLASH</b> Ara	<b>AQUA SPLASH</b> Lorena	<b>AQUA SPLASH</b> Misty		

CYCLING ROOM

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

	Mon	Tues	Wed	Thurs	Fri
8:15a					
9:15a	Pilates Fusion Tommasina	<b>Barre</b> Jenny	<b>Barre</b> Chris	Pilates Fusion Sharon	<b>Barre</b> Sondra
4:30p	<b>Barre</b> Michelle L.		Power Pilates Sondra		
5:30p			Yin Yoga Sondra	<b>Yoga Flow</b> Michelle L.	

YOGA PILATES ROOM