



Group Fitness Schedule

November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8:00 BodyStep (1) Jackie 9:00 Aqua BC (P) Katie 9:00 BodyBalance(2) Jenna 9:00 BodyPump (1) Jackie 9:00 SPRINT (3) Sarah 10:15 BodyAttack (1) Shannon 10:00 Barre (2) Erika 11:15 Yoga (2) MJ
2 11:30 BST/BP 90 (1) Lara 1:00 SPIN (3) Jennifer 1:00 Yoga (2) Danielle 2:00 BodyPump (1) Ashley	3 6:00 BodyPump (1) Dan 8:15 Track and Train Jenny 8:30 BodyCombat (1) Ashley 8:30 Spin 45 (3) Katie 9:00 Aqua BC (P) Jennifer 9:00 Barre (2) Cassie 9:30 Core/Pure Muscle(1) Ashley HK 10:15 Aqua (P) Donna 10:15 Yoga (2) Karen 10:45 GoLow (1) Jennifer 12:00 Spin (3) Chris C 12:00 Big for Life Margaret 1:30 Rock Steady Steph 5:00 Barre (2) Erika 5:30 BodyAttack (1) Shannon 6:00 Aqua (P) Kristi 6:00 Bodybalance (2) Sara 6:30 BodyPump (1) Courtney	4 5:45 SPRINT (3) Sarah 8:00 Tone & Balance 45 (2) Steph 8:30 BodyAttack (1) Ashley 9:00 Aqua BC (P) Jennifer 9:00 BodyBalance (2) Jenna 9:00 SPRINT (3) Jordan 10:15 Barre (2) Candace 10:30 BodyPump (1) Ashley 4:30 BST/BP 75 (1) Alesia 6:00 BodyBalance (2) Kristi 6:30 Cardio Dance (1) Jenna 7:00 Rest. Yoga 45 (2) Karen	5 6:00 Bootcamp 45 (1) Phillip 8:30 Pure Muscle 45 (1) Monique 9:00 Aqua BC (P) Steph 9:00 Pilates (2) Karen 9:20 Cardio Dance 45 (1) Jenna 10:10 Core 30 (1) Shannon 10:15 Aqua (P) Donna 10:15 Yoga (2) Karen 10:45 Go Low(1) Danielle 12:00 BodyPump 45 (1) Ashley 12:00 RPM (3) Meg 1:30 Rock Steady Chris O 5:30 BodyCombat (1) Mikaela 6:00 Aqua (P) Sara 6:00 Yoga (2) Wendy 6:30 BodyPump (1) Katie	6 5:45 SPRINT (3) Lara 8:00 Tone & Balance 45(2) Katie 8:15 Track and Train Jenny 9:00 BodyBalance (2) Chelsea 9:00 SPIN 45 (3) Chris C 9:15 Bootcamp + Recover(1) Ashley Hk 10:15 QiGong (2) Bill/Linda 10:30 BodyPump (1) Shannon 12:00 Big for Life Margaret 1:30 Parkinsons Peddlers Stephanie 5:45 BootCamp (1) Courtney 6:45 Cardio Dance (1) Jenna	7 6:00 BodyPump (1) Lara 8:30 BodyCombat (1) Shannon 9:00 Aqua (P) Steph 9:00 Barre (2) Cassie 9:30 BodyPump (1) Jordan 10:00 Jintercize (P) Kristi 10:15 Power Yoga (2) Jenna 10:45 Go Low (1) Katie 12:00 RPM (3) Meg 1:15 Rest. Yoga (2) Jenna	8 8:00 BodyStep (1) Launch 9:00 Aqua BC (P) Shannon 9:00 BodyBalance(2) Launch 9:00 BodyPump (1) Launch 9:00 SPRINT (3) Launch 10:15 BodyAttack (1) Launch 10:00 Barre (2) Erika 11:15 Yoga (2) Michael
9 11:30 BST/BP 90 (1) Whitney 1:00 RPM (3) Sarah 1:00 Yoga (2) Michael 2:00 BodyPump (1) Ashley	10 6:00 BodyPump (1) Dan 8:15 Track and Train Jenny 8:30 BodyCombat (1) Shannon 8:30 Spin 45 (3) Monique 9:00 Aqua BC (P) Katie 9:00 Barre (2) Erika 9:30 Core/Pure Muscle (1) MJ 10:15 Aqua (P) Donna 10:15 Yoga (2) Jenna 10:45 GoLow (1) Danielle 12:00 Spin (3) Chris C 12:00 Big for Life Margaret 1:30 Rock Steady Steph 5:00 Barre (2) Candace 5:30 BodyAttack (1) Mikaela 6:00 Aqua (P) Kristi 6:00 Yoga (2) No Class 6:30 BodyPump (1) Jordan	11 5:45 SPRINT (3) Lara 8:00 Tone & Balance 45 (2) Monique 8:30 BodyAttack (1) Shannon 9:00 Aqua BC (P) Steph 9:00 BodyBalance (2) Chelsea 9:00 SPRINT (3) Jordan 10:15 Barre (2) Erika 10:30 BodyPump (1) Ashley 4:30 BST/BP 75 (1) Alesia 6:00 BodyBalance (2) Kristi 6:30 Cardio Dance (1) Jenna 7:00 Rest. Yoga 45 (2) MJ	12 6:00 Bootcamp 45 (1) Phillip 8:30 Pure Muscle 45 (1) Eric 9:00 Aqua BC (P) Jennifer 9:00 Pilates (2) Karen 9:20 Cardio Dance 45 (1) Jenna 10:10 Core 30 (1) Ashley 10:15 Aqua (P) Donna 10:15 Yoga (2) Karen 10:45 Go Low(1) Jennifer 12:00 BodyPump 45 (1) Jordan 12:00 RPM (3) Meg 1:30 Rock Steady Steph 5:30 BodyCombat (1) Ashley 6:00 Aqua (P) Sara 6:00 Yoga (2) Michael 6:30 BodyPump (1) Courtney	13 5:45 SPRINT (3) Wade 8:00 Tone & Balance 45(2) Pam 8:15 Track and Train Jenny 9:00 BodyBalance (2) Cassie 9:00 SPIN 45 (3) Chris O 9:15 BOSU + Recover(1) Eric 10:15 QiGong (2) Bill/Linda 10:30 BodyPump (1) Whitney 12:00 Big for Life Margaret 1:30 Parkinsons Peddlers Steph 5:45 BootCamp (1) Courtney 6:45 Cardio Dance (1) Jenna	14 6:00 BodyPump (1) Lara 8:30 BodyCombat(1) Ashley 9:00 Aqua (P) Kristi 9:00 Barre (2) Cassie 9:30 BodyPump (1) Jordan 10:00 Jintercize (P) Kristi 10:15 Power Yoga (2) Jenna 10:45 Go Low (1) Eric 12:00 Spin (3) Chris C 1:15 Rest. Yoga (2) Jenna	15 8:00 BodyStep (1) Virtual 9:00 Aqua BC (P) Pam 9:00 BodyBalance(2) MJ 9:00 BodyPump (1) Sheila 9:00 SPRINT (3) Jordan 10:15 BodyAttack (1) Ashley 10:00 Barre (2) Candace 11:15 Yoga (2) Michael

