

Group Fitness

January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Happy New Years Club Hours 10:00—5:00 10:30 BST/BP Alesia	1 6:00 BodyPump (1) 8:30 BodyCombat(1) 9:00 Aqua (P) 9:00 Barre (2) 9:30 BodyPump (1) 10:00 Joltercize (P) 10:15 Power Yoga (2) 10:45 Go Low (1) 12:00 Spin(3) 1:15 Rest. Yoga (2) Lara Shannon Kristi Cassie Katie Kristi Michael Sheila Chris C Sheila	2 8:00 CardioStep (1) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:00 BodyPump (1) 9:00 SPRINT (3) 10:15 BodyAttack (1) 10:00 Barre (2) 11:15 Yoga (2) Danielle Katie Chelsea Shannon Sarah Ashley Erika Michael
4 11:30 BST/BP 90 (1) 1:00 RPM (3) 1:00 Yoga (2) 2:00 BodyPump (1) Lara Sarah Karen Ashley	5 6:00 BodyPump (1) 8:15 Track & Train 8:30 BodyCombat (1) 8:30 Spin 45 (3) 9:00 Aqua BC (P) 9:00 Barre (2) 9:30 CorePure Muscle(1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 GoLow (1) 12:00 Spin (3) 12:00 Big for Life (2) 1:30 Rock Steady Boxing (1) 5:00 Barre (2) 5:30 BodyAttack (1) 6:00 Aqua (P) 6:00 Yoga (2) 6:30 Pure Muscle(1) Katie Jenny Shannon Meg Jennifer Erika Eric Donna Sheila Monique Chris C Margaret Steph Chelsea Ashley Kari Karen MJ	6 5:45 SPRINT (3) 8:00 Tone & Balance 45 (2) 8:30 BodyAttack (1) 9:00 Aqua BC (P) 9:00 BodyBalance (2) 9:00 SPRINT (3) 10:15 Barre (2) 10:30 BodyPump (1) 4:30 BST/BP 75 (1) 6:00 BodyBalance (2) 6:45 Cardio Dance (1) 7:00 Rest. Yoga 45 (2) Wade Jenny Eric Katie Jenna Jordan Cassie Shannon Alesia Kristi Jenna Karen	7 6:00 Bootcamp 45 (1) 8:30 Pure Muscle 45 (1) 9:00 Aqua BC (P) 9:00 Pilates (2) 9:20 Cardio Dance 45 (1) 10:10 Core 30 (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low(1) 12:00 BodyPump 45 (1) 12:00 RPM (3) 1:30 Rock Steady (1) 5:30 BodyCombat (1) 6:00 Aqua (P) 6:00 Yoga (2) 6:30 BodyPump (1) Philip Eric Shannon Karen Jenna Monique Donna Karen Steph Katie Meg Steph Ashley Danielle Michael Ashley	8 5:45 SPRINT (3) 8:00 Tone & Balance 45(2) 8:15 Track & Train 9:00 BodyBalance (2) 9:00 SPIN 45 (3) 9:15 BOSU + Recover(1) 10:15 QiGong (2) 10:30 BodyPump (1) 12:00 Big for Life (2) 1:30 Parkinson's Peddlers (3) 5:45 BodyAttack (1) 6:45 Cardio Dance (1) Sarah Sheila Jenny Cassie Chris O Eric Bill/Linda Ashley Margaret Pam Shannon Jenna	9 6:00 BodyPump (1) 8:30 BodyCombat (1) 9:00 Aqua (P) 9:00 Barre (2) 9:30 BodyPump (1) 10:00 Joltercize (P) 10:15 Power Yoga (2) 10:45 Go Low (1) 12:00 Spin(3) 1:15 Rest. Yoga (2) Lara Ashley Kristi Erika Jordan Kristi MJ Jennifer Katie Jenna	10 8:00 BodyStep (1) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:00 BodyPump (1) 9:00 SPRINT (3) 10:15 BodyAttack (1) 10:00 Barre (2) 11:15 Yoga (2) Jackie Kari Sara Courtney Jordan Shannon Candace Michael

(1) = Studio #1 (2) = Studio #2 (3) = Studio #3 (P) = Pool

All classes are 50-55 minutes in length Unless otherwise noted with a number after (ie... BodyStep/BodyPump 90, class is 90 minutes in length)

BST/BP 90 = Combo BodyStep and BodyPump

Indoor Cycling... SPIN Classes will focus on Coach by Color and FTW (Functional Threshold Watt) training Spin-RPM—Les Mills Indoor Cycling Program
SPRINT—Les Mills 30 minute High Intensity Interval Training on the Indoor Cycle

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18 11:30 BST/BP 90 (1) 1:00 RPM (3) 1:00 Yoga (2) 2:00 BodyPump (1)	19 6:00 BodyPump (1) 8:15 Track & Train 8:30 BodyCombat (1) 8:30 SPIN 45 (3) 9:00 Aqua BC (P) 9:00 Barre (2) 9:30 Core/PureMuscl(1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 GoLow (1) 12:00 Spin (3) 12:00 Big for Life (2) 1:30 Rock Steady (1) 5:00 Barre (2) 5:30 BodyAttack (1) 6:00 Aqua (P) 6:00 Yoga (2) 6:30 BodyPump (1)	20 5:45 SPRINT (3) 8:00 Tone & Balance 45 (2) 8:30 BodyAttack (1) 9:00 Aqua BC (P) 9:00 BodyBalance (2) 9:00 SPRINT (3) 10:15 Barre (2) 10:30 BodyPump (1) 4:30 BST/BP 75 (1) 6:00 BodyBalance (2) 6:45 Cardio Dance (1) 7:00 Rest. Yoga 45 (2)	21 6:00 Bootcamp 45 (1) 8:30 Pure Muscle 45 (1) 9:00 Aqua BC (P) 9:00 Pilates (2) 9:20 Cardio Dance 45 (1) 10:10 Core 30 (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low(1) 12:00 BodyPump 45 (1) 12:00 RPM (3) 1:30 Rock Steady (1) 5:30 BodyCombat (1) 6:00 Aqua (P) 6:00 Yoga (2) 6:30 BodyPump (1)	22 5:45 SPRINT (3) 8:00 Tone & Balance 45(2) 8:15 Track & Train 9:00 BodyBalance (2) 9:00 SPIN 45 (3) 9:15 BOSU+ Recover(1) 10:15 QiGong (2) 10:30 BodyPump (1) 12:00 Big for Life (2) 1:30 Parkinsons Peddlers (3) 5:30 BootCamp (1) 6:45 Cardio Dance (1)	23 6:00 BodyPump (1) 8:30 BodyCombat (1) Kristi 9:00 Aqua (P) 9:00 Barre (2) 9:30 BodyPump (1) 10:00 Jointercize (P) 10:15 Power Yoga (2) 10:45 Go Low (1) 12:00 Spin (3) 1:15 Rest. Yoga (2)	24 8:00 BodyStep(1) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:00 BodyPump (1) 9:00 SPRINT (3) 10:15 BodyAttack (1) 10:00 Barre (2) 11:15 Yoga (2)
25 11:30 BST/BP 90 (1) 1:00 SPIN (3) 1:00 Yoga (2) 2:00 Bodypump(1)	26 6:00 BodyPump (1) 8:15 Track & Train 8:30 BodyCombat (1) 8:30 SPIN 45 (3) 9:00 Aqua BC (P) 9:00 Barre (2) 9:30 Core/PureMuscl(1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 GoLow (1) 12:00 Spin (3) 12:00 Big for Life (2) 1:30 Rock Steady (1) 5:00 Barre (2) 5:30 BodyAttack (1) 6:00 Aqua (P) 6:00 Yoga (2) 6:30 BodyPump (1)	27 5:45 SPRINT (3) 8:00 Tone & Balance 45 (2) 8:30 BodyAttack (1) 9:00 Aqua BC (P) 9:00 BodyBalance (2) 9:00 SPRINT (3) 10:15 Barre (2) 10:30 BodyPump (1) 4:30 BST/BP 75 (1) 6:00 BodyBalance (2) 6:45 Cardio Dance (1) 7:00 Rest. Yoga 45 (2)	28 6:00 Bootcamp 45 (1) 8:30 Pure Muscle 45 (1) 9:00 Aqua BC (P) 9:00 Pilates (2) 9:20 Cardio Dance 45 (1) 10:10 Core 30 (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low(1) 12:00 BodyPump 45 (1) 12:00 RPM (3) 1:30 Rock Steady (1) 5:30 BodyCombat (1) 6:00 Aqua (P) 6:00 Yoga (2) 6:30 BodyPump (1)	29 5:45 SPRINT (3) 8:00 Tone & Balance 45(2) 8:15 Track & Train 9:00 BodyBalance (2) 9:00 SPIN 45 (3) 9:15 BootcampRecover(1) 10:15 QiGong (2) 10:30 BodyPump (1) 12:00 Big for Life (2) 1:30 Parkinsons Peddler(3) 5:30 BootCamp (1) 6:45 Cardio Dance (1)	30 :00 BodyPump (1) 8:30 BodyCombat (1) Kristi 9:00 Aqua (P) 9:00 Barre (2) 9:30 BodyPump (1) 10:00 Jointercize (P) 10:15 Power Yoga (2) 10:45 Go Low (1) 12:00 Spin (3) 1:15 Rest. Yoga (2)	31 8:00 BodyStep(1) 9:00 Aqua BC (P) 9:00 BodyBalanc(2) 9:00 BodyPump (1) 9:00 SPRINT (3) 10:15 BodyAttack 1) 10:00 Barre (2) 11:15 Yoga (2)