

Group Fitness

July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		5:45 SPRINT (3) Wade 8:00 Tone & Balance 45 (2) Monique 8:30 BodyAttack (1) Ashley 9:00 Aqua BC (P) Jennifer 9:00 BodyBalance (2) Chelsea 9:00 SPRINT (3) Jordan 10:15 Barre (2) Candace 10:30 BodyPump (1) Sheila 4:30 BST/BP 75 (1) Jackie 6:00 BodyBalance (2) Kristi 6:45 Cardio Dance (1) Jenna 7:00 Rest. Yoga 45 (2) No Class	6:00 Bootcamp 45 (1) Philip 8:30 Pure Muscle 45 (1) Eric 9:00 Aqua BC (P) Jennifer 9:00 Pilates (2) JENNIFER 9:00 SPRINT(3) Jordan 9:20 Cardio Step 45 (1) Monique 10:10 Core 30 (1) Monique 10:15 Aqua (P) Jennifer 10:15 Body Balance (2) VIRTUAL 10:45 GoLow(1) Stephanie 12:00 BodyPump 45 (1) Ashley 12:00 RPM (3) Meg 1:30 Rock Steady Boxing (1) Stephanie 5:30 BodyCombat(1) Shannon 6:00 Aqua (P) Kari 6:00 Yoga (2) Wendy 6:30 BodyPump (1) Ashley	5:45 SPRINT (3) Wade 8:00 Tone & Balance 45(2) Stephanie 9:00 BodyBalance (2) VIRTUAL 9:00 RPM45 (3) VIRTUAL 9:15 BOSU + Bootcamp(1) Sara 10:00 SPRINT (3) VIRTUAL 10:15 QiGong (2) Bill/Linda 10:30 BodyPump (1) Mikaela 1:30 Parkinson's Peddlers (3) Stephanie 5:45 BootCamp (1) Philip 6:45 Cardio Dance (1) Hannah	No Classes 	8:00 BodyStep (1) Jackie 8:00 RPM (3) VIRTUAL 9:00 Aqua BC (P) Stephanie 9:00 BodyBalance(2) Chelsea 9:00 BodyPump (1) Courtney 9:00 SPRINT (3) Sara 10:15 BodyAttack (1) Shannon 10:00 Barre (2) Candace 11:15 Yoga (2) Michael
6	7	8	9	10	11	12
11:30 BST/BP 90 (1) VIRTUAL 1:00 RPM (3) VIRTUAL 1:00 Yoga (2) Michael 2:00 BodyBalance (2) VIRTUAL 2:00 BodyPump (1) Ashley	6:00 Bootcamp (1) Philip 8:30 BodyCombat (1) Shannon 8:30 Spin 45 (3) Sara 9:00 Aqua BC (P) Jennifer 9:00 Barre (2) Erika 9:30 Core/Pure Muscle(1) Eric 10:15 Aqua (P) Jennifer 10:15 Yoga (2) Sheila 10:45 GoLow (1) Stephanie 12:00 Spin (3) Chris 1:30 Rock Steady Boxing (1) Stephanie 5:00 Barre (2) Chelsea 5:30 BodyAttack (1) Mikaela 6:00 Aqua (P) Kristi 6:00 Yoga (2) Wendy 6:30 BodyPump (1) Courtney	5:45 SPRINT (3) Wade 8:00 Tone & Balance 45 (2) Jenny 8:30 BodyAttack (1) Eric 9:00 Aqua BC (P) Jennifer 9:00 BodyBalance (2) Chelsea 9:00 SPRINT (3) Jordan 10:15 Barre (2) Sara 10:30 Body Pump (1) Mikaela 4:30 BST/BP 75 (1) VIRTUAL 6:00 BodyBalance (2) Kristi 6:45 Cardio Dance (1) Hannah 7:00 Rest. Yoga 45 (2) No Class	6:00 Bootcamp 45 (1) Philip 8:30 Pure Muscle 45 (1) Eric 9:00 Aqua BC (P) Jennifer 9:00 Pilates (2) JENNIFER 9:00 SPRINT(3) Jordan 10:10 Core 30 (1) Sara 10:15 Aqua (P) Donna 10:15 Body Balance(2) VIRTUAL 10:45 Go Low(1) Stephanie 12:00 BodyPump 45 (1) Shannon 12:00 RPM (3) Meg 1:30 Rock Steady Boxing (1) Stephanie 5:30 BodyCombat (1) Ashley 6:00 Aqua (P) Kristi 6:00 Yoga (2) Michael 6:30 BodyPump (1) Ashley	5:45 SPRINT (3) Wade 8:00 Tone & Balance 45(2) Jenny 9:00 BodyBalance (2) Cassie 9:00 SPIN 45 (3) Jordan 9:15 Bootcamp + Recover(1) Eric 10:00 SPRINT(3) VIRTUAL 10:15 QiGong (2) Bill/Linda 10:30 BodyPump (1) Jordan 1:30 Parkinson's Peddlers (3) Stephanie 5:45 BootCamp (1) Courtney 6:45 Cardio Dance (1) Hannah	6:00 BodyPump (1) Lara 8:30 BodyCombat (1) Shannon 9:00 Aqua (P) Kristi 9:00 Barre (2) Chelsea 9:30 BodyPump (1) Sheila 10:00 Jointercize (P) Kristi 10:15 Power Yoga (2) Michael 10:45 Go Low (1) Jennifer 12:00 RPM (3) Meg 1:15 Rest. Yoga (2) On hold 5:30 BodyPump (1) VIRTUAL	8:00 BodyStep (1) Jackie 8:00 RPM (3) VIRTUAL 9:00 Aqua BC (P) Pam 9:00 BodyBalance(2) Cassie 9:00 BodyPump (1) Courtney 9:00 SPRINT (3) Wade 10:15 BodyAttack (1) Eric 10:00 Barre (2) Candace 11:15 Yoga (2) Michael 11:15 Cardio Dance(1) Hannah

(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

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
13		14		15		16		17		18		19	
11:30 BST/BP (1) 90 1:00 SPIN (3) 1:00 Yoga (2) 2:00 BodyBalance (2) 2:00 BodyPump (1)	Lara Monique Michael Ashley	6:00 Bootcamp(1) 8:30 BodyCombat (1) 8:30 SPIN 45 (3) 9:00 Aqua BC (P) 9:00 Barre (2) 9:30Core PureMuscle(1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low (1) 12:00 Spin (3) 1:30 Rock Steady Boxing (1) 5:00 Barre (2) 5:30 BodyAttack (1) 6:00 Aqua (P) 6:00 Body Balance(2) 6:30 BodyPump (1)	Philip Shannon Monique Jennifer Erika? Eric Jennifer Sheila Ashley HK Chris Rachel Candace Mikaela Kari Courtney	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 Jennifer Chelsea Sara Candace Sheila Alesia Kristi Hannah Karen	6:00 Bootcamp 45 (1) 8:30 Pure Muscle 45 (1) 9:00 Aqua BC (P) 9:00 Pilates (2) 9:00 SPRINT(3) 9:20 Cardio Step 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 Boxing (1) 5:30 BodyCombat (1) 6:00 Aqua (P) 6:00 Yoga (2) 6:30 BodyPump (1)	Philip Jenny Jennifer Karen Jordan Monique Monique Donna Karen Ashley HK Shannon Meg Stephanie Ashley Kristi Michael Ashley	5:45 SPRINT (3) 8:00 Tone & Balance 45(2) 9:00 BodyBalance (2) 9:00 SPIN 45 (3) 9:15 BOSU+ Recover(1) 10:00 SPRINT (3) 10:15 QiGong (2) 10:30 BodyPump (1) 1:30 Parkinson's Peddlers (3) 5:45 BootCamp (1) 6:45 Cardio Dance (1)	Wade Jenny Sheila Monique Eric VIRTUAL Bill/Linda Jordan Pam Courtney Hannah	6:00 BodyPump (1) 8:30 BodyCombat (1) 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 RPM (3) 1:15 Rest. Yoga (2) 5:30 BodyPump (1)	Lara Shannon Kristi Erika? Jordan Kristi Sheila Monique Meg On hold Ashley	8:00 BodyStep (1) 8:00 RPM (3) 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 VIRTUAL Kari Cassie Courtney Jordan Eric Candace Karen
20		21		22		23		24		25		26	
11:30 BST/BP 90 (1) 1:00 SPIN(3) 1:00 Yoga (2) 2:00 BodyBalance (2) 2:00 BodyPump (1)	Lara Kari No Class Sheila	6:00 Bootcamp (1) 8:30 BodyCombat (1) 8:30 SPIN 45 (3) 9:00 Aqua BC (P) 9:00 Barre (2) 9:30 Core/PureMuscle(1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low (1) 12:00 Spin (3) 1:30 Rock Steady Boxing (1) 5:00 Barre (2) 5:30 BodyAttack (1) 6:00 Aqua (P) 6:00 Yoga (2) 6:30 BodyPump (1)	Philip Ashley Monique Shannon Sara Eric Shannon Sheila Ashley HK Chris Rachel Erika Mikaela Kari Wendy Courtney	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 Sara Sheila VIRTUAL Erika Ashley Alesia Kristi Jenna Karen	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 Boxing (1) 5:30 BodyCombat (1) 6:00 Aqua (P) 6:00 Yoga (2) 6:30 BodyPump (1)	Philip Monique Pam Karen Jenna Jenna Shannon Karen Ashley HK Sheila Meg Rachel Mikaela Kristi Michael Ashley	5:45 SPRINT (3) 8:00 Tone & Balance 45(2) 9:00 BodyBalance (2) 9:00 SPIN 45 (3) 9:15 Bootcamp+ Recover(1) 10:00 SPRINT (3) 10:15 QiGong (2) 10:30 BodyPump (1) 1:30 Parkinson's Peddlers (3) 5:45BootCamp (1) 6:45 Cardio Dance (1)	Wade Monique Sheila Sara Monique VIRTUAL Bill/Linda Jordan Pam Philip Jenna	6:00 BodyPump (1) 8:30 BodyCombat (1) 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 RPM (3) 1:15 Rest. Yoga (2) 5:30 BodyPump (1)	Lara Shannon Kristi Erika Jordan Kristi Michael Monique Meg On hold Ashley	8:00 CardioStep(1) 8:00 RPM (3) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:00 Body Pump (1) 9:00 SPRINT (3) 10:15 BodyAttack (1) 10:00 Barre (2) 11:15 Cardio Dance (1) 11:15 Yoga(2)	Jackie Meg Kari Karen Courtney VIRTUAL Ashely Erika Hannah Michael
27		28		29		30		31					
11:30 BST/BP 90 (1) 1:00 SPIN (3) 1:00 Yoga (2) 2:00 BodyBalance (2) 2:00 Bodypump(1)	Lara Monique Michael Ashley	6:00 Bootcamp (1) 8:30 BodyCombat (1) 8:30 SPIN 45 (3) 9:00 Aqua BC (P) 9:00 Barre (2) 9:30 Core/PureMuscle(1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low (1) 12:00 Spin (3) 1:30 Rock Steady Boxing (1) 5:00 Barre (2) 5:30 BodyAttack (1) 6:00 Aqua (P) 6:00 Yoga (2) 6:30 BodyPump (1)	Philip Ashley Sheila Stephanie Cassie Eric Stephanie Jenna Ashley HK Chris Stephanie Erika Shannon Kari Karen Courtney	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)	Lara Sheila Eric Stephanie Jenna Chelsea Mikaela Jackie Kristi Hannah Karen	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 Boxing (1) 5:30 BodyCombat (1) 6:00 Aqua (P) 6:00 Yoga (2) 6:30 BodyPump (1)	Philip Ashley HK Pam Karen Jenna Jenna Donna Karen Stephanie Ashley Meg Stephanie Mikaela Kristi Michael Ashley	5:45 SPRINT (3) 8:00 Tone & Balance 45(2) 9:00 BodyBalance (2) 9:00 SPIN 45 (3) 9:15 BOSU+ Recover(1) 10:00 SPRINT (3) 10:15 QiGong (2) 10:30 BodyPump (1) 1:30 Parkinson's Peddlers (3) 5:45BootCamp (1) 6:45 Cardio Dance (1)	Wade Stephanie Karen Chris O. Eric VIRTUAL Bill/Linda Ashley Stephanie Courtney Jenna	New 9am Sprint class on Wednesdays Welcome new instructors—Jenny and Ashley! (Ashley Hoskins will appear as Ashley HK). Rock Steady Boxing is open to all members. Check out the Cardio dance classes on 2 Saturdays.			