

Group Fitness
November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:30 BST/BP 90 (1) Jackie 1:00 SPIN (3) Monique 1:00 Yoga (2) Karen 2:00 BodyPump (1) Ashley	**2** 6:00 BodyPump (1) Katie 8:30 BodyCombat (1) Shannon 9:00 Aqua BC (P) Stephanie 9:00 Barre (2) Cassie 9:30 Core/Pure Muscle (1) Shannon 10:15 Aqua (P) Donna 10:15 Yoga (2) Karen 10:45 GoLow (1) Monique 12:00 Spin (3) Chris C 12:00 Big for Life (2) Margaret 1:30 pm Rock Steady (1) Chris O 5:00 Barre (2) Chelsea 5:30 BodyAttack (1) Ashley 6:00 Aqua (P) Kristi 6:00 Yoga (2) Sheila 6:30 BodyPump (1) Harlie	**3** 5:45 SPRINT (3) Lara 8:00 Tone & Balance 45(2) Katie 8:30 BodyAttack (1) Shannon 9:00 Aqua BC (P) Danielle 9:00 BodyBalance (2) Cassie 9:00 SPRINT (3) Jordan 10:15 Barre (2) No Class 10:30 BodyPump(1) Sheila 12:00 PWR Parkinson's (2) Margaret 4:30 BST/BP 75 (1) Alesia 6:00 BodyBalance (2) Kristi 6:45 Cardio Dance (1) Jenna 7:00 Rest. Yoga 45 (2) Karen	**4** 6:00 Bootcamp 45 (1) Philip 8:30 Pure Muscle 45 (1) Jennifer 9:00 Aqua BC (P) Danielle 9:00 Pilates45 (2) Karen 9:20 Cardio Dance 45 Jenna 10:15 Aqua (P) Donna 10:15 Yoga (2) Karen 10:45 Go Low(1) Katie 12:00 BodyPump 45 (1) Ashley 12:00 RPM (3) Meg 1:30 pm Rock Steady (1) Chris O 4:30 Pure Muscle 45 (1) MJ 5:30 BodyCombat (1) Shannon 6:00 Aqua (P) Jennifer 6:00 Yoga (2) Marti 6:30 BodyPump (1) Courtney	**5** 5:45 SPRINT (3) Wade 8:00 Tone & Balance 45(2) Pam 9:00 BodyBalance (2) Jenna 9:00 SPIN 45 (3) Jennifer 9:15 BOSU+ Recover(1) Monique 10:15 QiGong (2) Bill/Linda 10:30 BodyPump (1) Ashley 12:00 Big for Life (2) Margaret 1:30 Parkinsons Peddlers (3) Chris O 5:00 Sprint (3) Sara 5:45 BootCamp (1) Harlie 6:45 Cardio Dance (1) Jenna	**6** 6:00 BodyPump (1) Lara 8:30 BodyCombat(1) Shannon 9:00 Aqua (P) Kristi 9:00 Barre (2) Chelsea 9:30 BodyPump (1) Jordan 10:00 Jointercize (P) Kristi 10:15 Power Yoga (2) Danielle 10:45 Go Low (1) Jennifer 12:00 SPIN (3) Katie 1:15 Rest. Yoga (2) Jenna	**7** 8:00 BodyStep (1) Virtual 9:00 Aqua BC (P) Danielle 9:00 BodyBalance(2) Virtual 9:05 BodyPump (1) Harlie 9:00 SPRINT (3) Shannon 10:15 BodyAttack (1) Ashley 10:00 Pilates (2) Sheila 11:15 Yoga (2) Sheila
8 11:30 BST/BP 90 (1) Whitney 1:00 SPIN (3) Sarah 1:00 Yoga (2) Sheila 2:00 BodyPump (1) Sheila	**9** 6:00 BodyPump (1) Harlie 8:30 BodyCombat (1) Ashley 9:00 Aqua BC (P) Jennifer 9:00 Barre (2) Chelsea 9:30 Core/Pure Muscle (1) Monique 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 (2) Margaret 1:30 pm Rock Steady (1) Stephanie 5:00 Barre (2) Kristi 5:30 BodyAttack (1) Shannon 6:00 Aqua (P) Tabitha 6:00 Yoga (2) Sheila 6:30 BodyPump (1) Katie	**10** 5:45 SPRINT (3) Wade 8:00 Tone & Balance 45(2) Monique 8:30 BodyAttack (1) Ashley 9:00 Aqua BC (P) Stephanie 9:00 BodyBalance (2) Karen 9:00 SPRINT (3) Jordan 10:15 Barre (2) Karen 10:30 BodyPump(1) Shannon 12:00 PWR Parkinson's (2) Margaret 4:30 BST/BP 75 (1) Alesia 6:00 BodyBalance (2) Kristi 6:45 Cardio Dance (1) Jenna 7:00 Rest. Yoga 45 (2) Danielle	**11** 6:00 Bootcamp 45 (1) Philip 8:30 Pure Muscle 45 (1) Eric 9:00 Aqua BC (P) Jennifer 9:00 Pilates45 (2) Karen 9:20 Cardio Dance 45 Jenna 10:15 Aqua (P) Donna 10:15 Yoga (2) Karen 10:45 Go Low(1) Jennifer 12:00 BodyPump 45 (1) Shannon 12:00 RPM (3) Meg 1:30 pm Rock Steady (1) Chris O 4:30 Pure Muscle 45 (1) MJ 5:30 BodyCombat (1) Ashley 6:00 Aqua (P) Tabitha 6:00 Yoga (2) Marti 6:30 BodyPump (1) Courtney	**12** 5:45 SPRINT (3) Sarah 8:00 Tone & Balance 45(2) Katie 9:00 BodyBalance (2) Cassie 9:00 SPIN 45 (3) Chris C 9:15 BOSU+ Recover(1) Eric 10:15 QiGong (2) Bill/Linda 10:30 BodyPump (1) Jordan 12:00 Big for Life (2) Margaret 1:30 Parkinsons Peddlers (3) Pam 5:00 Sprint (3) Jordan 5:45 BootCamp (1) Harlie 6:45 Cardio Dance (1) Jenna	**13** 6:00 BodyPump (1) Lara 8:30 BodyCombat(1) Ashley 9:00 Aqua (P) Kristi 9:00 Barre (2) Erika 9:30 BodyPump (1) Jordan 10:00 Jointercize (P) Kristi 10:15 Power Yoga (2) Karen 10:45 Go Low (1) Katie 12:00 SPIN (3) Jennifer 1:15 Rest. Yoga (2) Marti	**14** 8:00 BodyStep (1) Virtual 9:00 Aqua BC (P) Jennifer 9:00 BodyBalance(2) Launch 9:05 BodyPump (1) Launch 9:00 SPRINT (3) Launch 10:15 BodyAttack (1) Launch 10:00 Pilates (2) Sara 11:15 Yoga (2) Karen

(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 vary by instructor Spin- RPM--- Les Mills Indoor Cycling Program SPRING--- Les Mills 30 minute High Intensity Interval Training on the Indoor Cycle

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15 11:30 BST/BP 90 (1) Lara 1:00 SPIN (3) Jennifer 1:00 Yoga (2) No Class 2:00 BodyPump (1) Harlie	**16** 6:00 BodyPump (1) Harlie 8:30 BodyCombat (1) Ashley 9:00 Aqua BC (P) Jennifer 9:00 Barre (2) Chelsea 9:30 Core/Pure Muscle (1) Eric 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 (2) Margaret 1:30 pm Rock Steady (1) Stephanie 5:00 Barre (2) Kristi 5:30 BodyAttack (1) Mikaela 6:00 Aqua (P) Tabitha 6:00 Yoga (2) Karen 6:30 BodyPump (1) Sheila	**17** 5:45 SPRINT (3) Sarah 8:00 Tone & Balance 45(2) Stephanie 8:30 BodyAttack (1) Eric 9:00 Aqua BC (P) Stephanie 9:00 BodyBalance (2) Karen 9:00 SPRINT (3) Jordan 10:15 Barre (2) Erika 10:30 BodyPump(1) Katie 12:00 PWR Parkinson's (2) Margaret 4:30 BST/BP 75 (1) Alesia 6:00 BodyBalance (2) Kristi 6:45 Cardio Dance (1) Jenna 7:00 Rest. Yoga 45 (2) Karen	**18** 6:00 Bootcamp 45 (1) Philip 8:30 Pure Muscle 45 (1) Eric 9:00 Aqua BC (P) Pam 9:00 Pilates45 (2) Karen 9:20 Cardio Dance 45 Jenna 10:15 Aqua (P) Donna 10:15 Yoga (2) Karen 10:45 Go Low(1) Katie 12:00 BodyPump 45 (1) Ashley 12:00 RPM (3) Meg 1:30 pm Rock Steady (1) Stephanie 4:30 Pure Muscle 45 (1) MJ 5:30 BodyCombat (1) Ashley 6:00 Aqua (P) No Class 6:00 Yoga (2) Marti 6:30 BodyPump (1) Courtney	**19** 5:45 SPRINT (3) Wade 8:00 Tone & Balance 45(2) Monique 9:00 BodyBalance (2) Karen 9:00 SPIN 45 (3) Monique 9:15 BOSU+ Recover(1) Eric 10:15 QiGong (2) Bill/Linda 10:30 BodyPump (1) Jordan 12:00 Big for Life (2) Margaret 1:30 Parkinsons Peddlers (3) Stephanie 5:00 Sprint (3) Sara 5:45 BootCamp (1) Harlie 6:45 Cardio Dance (1) Jenna	**20** 6:00 BodyPump (1) Lara 8:30 BodyCombat(1) Ashley 9:00 Aqua (P) Kristi 9:00 Barre (2) Erika 9:30 Pure Muscle (1) Monique 10:00 Jointercize (P) Kristi 10:15 Power Yoga (2) Karen 10:45 Go Low (1) Jennifer 12:00 RPM (3) Katie 1:15 Rest. Yoga (2) Jenna	**21** 8:00 BodyStep (1) Jackie 9:00 Aqua BC (P) Katie 9:00 BodyBalance(2) Chelsea 9:05 BodyPump (1) Jackie 9:00 SPRINT (3) Sarah 10:15 BodyAttack (1) Shannon 10:00 Barre (2) Erika 11:15 Yoga (2) Sheila
22 11:30 BST/BP 90 (1) Whitney 1:00 SPIN (3) Monique 1:00 Yoga (2) Jenna 2:00 BodyPump (1) Harlie	**23** 6:00 BodyPump (1) Harlie 8:30 BodyCombat (1) Ashley 9:00 Aqua BC (P) Stephanie 9:00 Barre (2) Erika 9:30 Core/Pure Muscle (1) Eric 10:15 Aqua (P) Danielle 10:15 Yoga (2) Jenna 10:45 GoLow (1) Monique 12:00 Spin (3) Chris C 12:00 Big for Life (2) Margaret 1:30 pm Rock Steady (1) Chris O 5:00 Pilates (2) Sheila 5:30 Bootcamp (1) Courtney 6:00 Aqua (P) Danielle 6:00 Yoga (2) Karen 6:30 BodyPump (1) Katie	**24** 5:45 SPRINT (3) Lara 8:00 Tone & Balance 45(2) Stephanie 8:30 BodyAttack (1) Eric 9:00 Aqua BC (P) Jennifer 9:00 BodyBalance (2) Sheila 9:00 SPRINT (3) Shannon 10:15 Barre (2) Candace 10:30 BodyPump(1) Katie 12:00 PWR Parkinson's (2) Margaret 4:30 BST/BP 75 (1) Jackie 6:00 BodyBalance (2) Kristi 6:45 Cardio Dance (1) Jenna 7:00 Rest. Yoga 45 (2) Karen	**25** 6:00 Bootcamp 45 (1) Harlie 8:30 Pure Muscle 45 (1) Eric 9:00 Aqua BC (P) Jennifer 9:00 Pilates45 (2) Karen 9:20 Cardio Dance 45 Jenna 10:15 Aqua (P) Donna 10:15 Yoga (2) Karen 10:45 Go Low(1) Danielle 12:00 BodyPump 45 (1) Jordan 12:00 RPM (3) Meg Club Hours 5:30a - 7:00p	**26** 9:00 SPIN 45 (3) Chris C 10:30 BodyPump (1) Harlie Thanksgiving Club Hours 7a - Noon	**27** 8:30 BodyCombat(1) Shannon 9:00 Aqua (P) Kristi 9:30 BodyPump (1) Jordan 10:00 Jointercize (P) Kristi 12:00 Spin (3) Jennifer Black Friday Club Hours 7a - 6p	**28** 8:00 BodyStep (1) Virtual 9:00 Aqua BC (P) Sara 9:00 BodyBalance(2) Karen 9:05 BodyPump (1) Harlie 9:00 SPRINT (3) Shannon 10:15 BodyAttack (1) Ashley 10:00 Barre (2) Candace
29 11:30 BST/BP 90 (1) Virtual 1:00 SPIN (3) Monique 1:00 Yoga (2) Danielle 2:00 BodyPump (1) Harlie	**30** 6:00 BodyPump (1) Harlie 8:30 BodyCombat (1) Ashley 9:00 Aqua BC (P) Katie 9:00 Barre (2) Cassie 9:30 Core/Pure Muscle (1) Eric 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 (2) Margaret 1:30 pm Rock Steady (1) Stephanie 5:00 Barre (2) Chelsea 5:30 BodyAttack (1) Shannon 6:00 Aqua (P) Kristi 6:00 Yoga (2) Sheila 6:30 BodyPump (1) Jordan					