

Group Fitness September 2026

(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)

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 11:30 BST/BP 90 (1) 1:00 Yoga (2) 1:00 SPIN (3) 2:00 BodyPump (1)	14 Whitney Michael Monique Katie 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 Yoga (2) 10:15 Aqua (P) 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)	15 Lara Katie Eric Shannon Karen Jordan Candace Ashley Margaret Alesia Kristi Jenna Karen 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) 10:35 BodyPump(1) 12:00 Big for Life (2) 4:30 BST/BP 75(1) 6:00 BodyBalance (2) 6:45 Cardio Dance (1) 7:00 Rest. Yoga 45 (2)	16 Philip Eric Pam Karen Jenna Jennifer Danielle Karen Jennfer Shannon Meg Chris O MJ Ashley Sara Michael Courtney 6:00 Bootcamp 45 (1) 8:30 Pure Muscle 45 (1) 9:00 Aqua BC (P) 9:00 Pilates 45 (2) 9:20 CardioDance 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) 4:45 Pure Muscle 45 5:30 BodyCombat(1) 6:00 Aqua (P) 6:00 Yoga (2) 6:30 BodyPump (1)	17 Sarah Monique Jenna Chris O Eric NO CLASS Ashley Margaret Julie Jordan Courtney Jenna 5:45 SPRINT (3) 8:00 Tone & Balance 45(2) 9:00 BodyBalance (2) 9:00 SPIN 45 (3) 9:15 Bootcamp & Recover (1) 10:15 QiGong (2) 10:30 BodyPump (1) 12:00 Big for Life (2) 1:30 Parkinson's Peddlers(3) 5:00 SPRINT 5:45 Bootcamp 45 (1) 6:45 Cardio Dance (1)	18 Lara Shannon Kristi Cassie Jordan Kristi Jenna Danielle 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 SPIN (3) 1:15 Rest. Yoga 45 (2)	19 Whitney Shannon Cassie Mikaela Courtney Erika Shannon Michael 8:00 BodyStep (1) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:00 SPRINT (3) 9:05 BodyPump (1) 10:00 Barre (2) 10:15 BodyAttack (1) 11:15 Yoga (2)
20 11:30 BST/BP 90 (1) 1:00 Yoga (2) 1:00 SPIN (3) 2:00 BodyPump (1)	21 Jackie Michael Jennifer Ashley 6:00 BodyPump (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 Yoga (2) 10:15 Aqua (P) 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)	22 Lara Stephanie Eric Jennifer Cassie Shannon Erika Jordan Margaret Alesia Kristi Jenna No Class 5:45 SPRINT (3) 8:00 Tone & Balance 45 (2) 8:30 BodyAttack(1) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:30 SPRINT (3) 10:15 Barre (2) 10:35 BodyPump(1) 12:00 Big for Life (2) 4:30 BST/BP 75(1) 6:00 BodyBalance (2) 6:45 Cardio Dance (1) 7:00 Rest. Yoga 45 (2)	23 Philip Eric Stephanie Sheila Jenna Shannon Donna Sheila Shannon Ashley Meg Chris O MJ Shannon Tabitha Michael Virtual 6:00 Bootcamp 45 (1) 8:30 Pure Muscle 45 (1) 9:00 Aqua BC (P) 9:00 Pilates 45 (2) 9:20 CardioDance45(1) 10:10 Core 30 (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low(1) 12:00 BodyPump 45 (1) 1:30 Rock Steady (1) 4:45 Pure Muscle 45 5:30 BodyCombat(1) 6:00 Aqua (P) 6:00 Yoga (2) 6:30 BodyPump (1)	24 Wade Pam Jenny Jenna Chris C Monique NO CLASS Ashley Margaret Chris O Jordan Courtney Jenna 5:45 SPRINT (3) 8:00 Tone & Balance 45(2) 8:00 Track and Train 9:00 BodyBalance (2) 9:00 SPIN 45 (3) 9:30 Bosu & Recover (1) 10:15 QiGong (2) 10:45 BodyPump (1) 12:00 Big for Life (2) 1:30 Parkinson's Peddlers (3) 5:00 SPRINT 5:45 Bootcamp 45 (1) 6:45 Cardio Dance (1)	25 Lara Ashley Kristi Erika Jordan Kristi Jenna Monique 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) 10:15Power Yoga (2) 10:45 Go Low (1) 12:00 SPIN (3) 1:15 Rest. Yoga 45 (2)	26 Whitney Stephanie Chelsea Jordan Erika Ashley Michael 8:00 BodyStep (1) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:00 SPRINT (3) 9:05 BodyPump (1) 10:00 Barre (2) 10:15 BodyAttack (1) 11:15 Yoga (2)
27 11:30 BST/BP 90 (1) 1:00 Yoga (2) 1:00 SPIN (3) 2:00 BodyPump (1)	28 Lara Jenna Michael Ashley 6:00 Body Pump(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 Yoga (2) 10:15 Aqua (P) 10:45 GoLow (1) 12:00 SPIN 45 (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)	29 Lara Steph Ashley Shannon Sheila Jordan Cassie Ashley Margaret Alesia Kristi Jenna Karen 5:45 SPRINT (3) 8:00 Tone & Balance 45 (2) 8:30 BodyAttack (1) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:30 SPRINT (3) 10:15 Barre (2) 10:35 BodyPump(1) 12:00 Big for Life (2) 4:30 BST/BP 75(1) 6:00 BodyBalance (2) 6:45 Cardio Dance (1) 7:00 Rest. Yoga 45 (2)	30 Philip Eric Pam Karen Jenna Jennifer Donna Karen Jennifer Ashley Meg Stephanie MJ Shannon Sara G Michael Sheila 6:00 Bootcamp 45 (1) 8:30 Pure Muscle 45 (1) 9:00 Aqua BC (P) 9:00 Pilates 45 (2) 9:20 CardioDance45(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) 4:45 Pure Muscle 45 5:30 BodyCombat(1) 6:00 Aqua (P) 6:00 Yoga (2) 6:30 BodyPump (1)			