


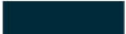






# GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:00am</b>	<b>GROUP POWER®</b> INSTRUCTOR: MICHELLE		<b>GROUP POWER®</b> INSTRUCTOR: RUTH		<b>GROUP POWER®</b> INSTRUCTOR: MALLORY		
		<b>*FIRST LIGHT YOGA</b> INSTRUCTOR: TBD		<b>FIRST LIGHT YOGA</b> INSTRUCTOR: TBD			
			<b>TECHNOSPIN 45</b> INSTRUCTOR: NOELLE	<b>BOXING BOOTCAMP 45</b> INSTRUCTOR: NOELLE	<b>TECHNOSPIN 45</b> INSTRUCTOR: NOELLE		
<b>6:15am</b>		<b>ADRENALINE 45</b>		<b>ADRENALINE 45</b>			
<b>8:00am</b>						<b>ADRENALINE 45</b>	
<b>8:15am</b>	<b>HOT YOGA FLOW</b> INSTRUCTOR: DANNY	<b>SCULPT</b> INSTRUCTOR: BOGI		<b>SCULPT</b> INSTRUCTOR: LEONA		<b>MAX STEP</b> INSTRUCTOR: JANETTE/MARGARET	<b>SCULPT</b> INSTRUCTOR: LEONA
<b>9:30am</b>	<b>GET RIPPED!® ISOLATION</b> INSTRUCTOR: KRISTI	<b>BOXING BOOTCAMP</b> INSTRUCTOR: V	<b>GET RIPPED!® ENDURANCE</b> INSTRUCTOR: VAL	<b>BOOTCAMP</b> INSTRUCTOR: BROOKE	<b>GET RIPPED!® COMPOUND</b> INSTRUCTOR: LAURIE	<b>GROUP POWER®</b> INSTRUCTOR: COLIN	<b>GET RIPPED!® INTENSITY</b> INSTRUCTOR: BONNIE
	<b>FUSION</b> INSTRUCTOR: DANNY	<b>HOT YOGA FLOW</b> INSTRUCTOR: DANNY	<b>YOGA STRENGTH</b> INSTRUCTOR: DANNY	<b>HOT YOGA HIPS &amp; HAMSTRINGS</b> INSTRUCTOR: DANNY	<b>FUSION</b> INSTRUCTOR: BHAVNA	<b>HOT YOGA POWER</b> INSTRUCTOR: RENEE	<b>HOT YOGA HIPS &amp; HAMSTRINGS</b> INSTRUCTOR: JEREMY
	<b>TECHNOSPIN</b> INSTRUCTOR: MATTHEW		<b>TECHNOSPIN</b> INSTRUCTOR: BROOKE		<b>TECHNOSPIN</b> INSTRUCTOR: DELIA	<b>TECHNOSPIN</b> INSTRUCTOR: BONNIE	<b>ZUMBA®</b> INSTRUCTOR: RUTH
<b>10:45am</b>	<b>DEEP WATER (10:40am)</b> INSTRUCTOR: MICHELLE	<b>STRENGTH &amp; STRETCH 45</b> INSTRUCTOR: LAURIE/MICHELLE	<b>DEEP WATER (10:40am)</b> INSTRUCTOR: MICHELLE	<b>STRENGTH &amp; STRETCH 45</b> INSTRUCTOR: LEONA	<b>*DEEP WATER (10:40am)</b> INSTRUCTOR: JANETTE	<b>BOXING BOOTCAMP</b> INSTRUCTOR: NOELLE	
	<b>YOGA FLOW</b> INSTRUCTOR: ELAINE		<b>YOGA FLOW</b> INSTRUCTOR: ELAINE		<b>YOGA FLOW</b> INSTRUCTOR: BHAVNA	<b>YIN YANG YOGA</b> INSTRUCTOR: RENEE	<b>YIN YOGA</b> INSTRUCTOR: JEREMY
<b>12:00pm</b>	<b>BOOTCAMP 45</b> INSTRUCTOR: STELLA	<b>GET RIPPED!® 45 ISOLATION</b> INSTRUCTOR: KRISTI	<b>BOOTCAMP 45</b> INSTRUCTOR: BROOKE		<b>BOOTCAMP 45</b> INSTRUCTOR: STELLA	<b>GET RIPPED!® BUFFET</b> INSTRUCTOR: VAL	
		<b>TECHNOSPIN BEATS 45</b> INSTRUCTOR: V		<b>ADRENALINE 45</b>			
<b>5:30pm</b>	<b>MAX STEP</b> INSTRUCTOR: MARGARET	<b>GET RIPPED!® ENDURANCE</b> INSTRUCTOR: JARI	<b>GROUP POWER®</b> INSTRUCTOR: COLIN	<b>GET RIPPED!® COMPOUND</b> INSTRUCTOR: TERESA			
	<b>HOT YOGA FLOW</b> INSTRUCTOR: PRIYANKA	<b>FUSION</b> INSTRUCTOR: PRIYANKA	<b>HOT YOGA POWER</b> INSTRUCTOR: RENEE	<b>FUSION</b> INSTRUCTOR: TAI			
	<b>TECHNOSPIN</b> INSTRUCTOR: DELIA	<b>TECHNOSPIN</b> INSTRUCTOR: V		<b>TECHNOSPIN</b> INSTRUCTOR: DELIA			
	<b>ADRENALINE 45</b>		<b>ADRENALINE 45</b>				
<b>6:45pm</b>	<b>GET RIPPED!® STRENGTH</b> INSTRUCTOR: PAM	<b>GROUP POWER®</b> INSTRUCTOR: TBD	<b>GET RIPPED!® ENDURANCE</b> INSTRUCTOR: KATE				
		<b>HOT YOGA POWER</b> INSTRUCTOR: PRIYANKA	<b>YOGA FLOW</b> INSTRUCTOR: MIRACLES	<b>HOT YOGA POWER</b> INSTRUCTOR: ALISON	<b>HOT YOGA HIPS &amp; HAMSTRINGS</b> INSTRUCTOR: JEREMY		
			<b>ZUMBA®</b> INSTRUCTOR: MEAGHAN	<b>ZUMBA®</b> INSTRUCTOR: BOGI			
<b>8:00pm</b>	<b>HOT YOGA DEEP STRETCH</b> INSTRUCTOR: RENEE	<b>HOT YOGA HIPS &amp; HAMSTRINGS</b> INSTRUCTOR: PRIYANKA	<b>YANG YIN YOGA</b> INSTRUCTOR: COLIN	<b>HOT YANG YIN YOGA</b> INSTRUCTOR: ALISON	<b>HOT YIN YOGA</b> INSTRUCTOR: JEREMY		

\*\*\*PLEASE NOTE INSTRUCTORS WILL VARY FOR SUMMER SCHEDULE

	LOCATION STRENGTH & BALANCE STUDIO – PLEASE BOOK ON PORTAL		LOCATION REPS KICKBOXING STUDIO – NO BOOKING REQUIRED
	LOCATION TECHNOSPIN STUDIO – PLEASE BOOK ON PORTAL		LOCATION GYM 1– NO BOOKING REQUIRED
	LOCATION MULTI SPORT STUDIO 1 – NO BOOKING REQUIRED		LOCATION POOL – NO BOOKING REQUIRED
	LOCATION MULTI SPORT STUDIO 2 – NO BOOKING REQUIRED		LOCATION – LOWER FITNESS ZONE (FUNCTIONAL TRAINING)



Scan QR code to download schedule and book classes.

\*updated May 31, 2026