

GROUP FITNESS

EFFECTIVE: November 1st 2026



HYDRO CUT/ PT
(POOL)

	Monday	Thursday
9:15a	Hydro Cut Emmanual	Hydro Cut Emmanual
4:15p		Hydro Cut Emmanual

GROUP FITNESS ROOM

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:00a	Boot Camp Tammy	LES MILLS BODYPUMP Ara		LES MILLS BODYCOMBAT Ara	LES MILLS BODYPUMP Latoya		
8:15a	Step Bands Sharon	POUND Sharon	ZUMBA Lorena	REP 45 Emmanuel	ZUMBA Lorena		
9:15a	LES MILLS BODYPUMP Sondra	T.B.C. Chris	Barbell Bootcamp Sharon	T.B.C. Michelle W.	LES MILLS BODYPUMP Rachel	ZUMBA Rachel	
10:30a	YOGA Tommasina	Total Body Stretch Chris	Total Body Stretch Cindi	YOGA Sharon	YOGA Tommasina	LES MILLS BODYPUMP Rachel	
11:30a	HEALTHWAYS Silver Sneakers Michelle W. circuit	HEALTHWAYS Silver Sneakers Carol Cla	HEALTHWAYS Silver Sneakers Sharon circuit	HEALTHWAYS Silver Sneakers Chris Classic	HEALTHWAYS Silver Sneakers Jay Yoga	Yin Yoga Kanisha (11:45)	ZUMBA Kelly (2:00)
12:30p	Silver Strength Emmanuel	Silver Stretch Carol	Silver Strength Sharon				REP 45 Kelly (3:15)
4:30p	REP 45 Emmanuel	LES MILLS BODYPUMP Ara 45	Yogilates Carol	LES MILLS BODYPUMP Ara 45	ZUMBA Lorena		
5:30p	ZUMBA Rachada	LES MILLS BODYCOMBAT Stacey	LES MILLS BODYPUMP Jocelyn	LES MILLS BODYCOMBAT Ara	Boot Camp Michele M.		
6:40p	BUTTS N GUTS Michele M	ZUMBA Maria G.	ZUMBA Joshua	ZUMBA Maria G.			

POOL

	Mon	Tues	Wed	Thurs	Fri	Sat
10:30a	AQUA SPLASH Khloe	AQUA SPLASH Emmanuel	AQUA SPLASH Jenny	AQUA SPLASH Michelle W.	AQUA SPLASH Emmanuel	AQUA SPLASH Rotating
5:30p	AQUA SPLASH Tammy	AQUA SPLASH Ara	AQUA ZUMBA Rachel / Joshua	AQUA SPLASH Misty		

YOGA PILATES ROOM

	Mon	Tues	Wed	Thurs	Fri	Sat
5:00a			LES MILLS RPM Tammy			
8:15a	LES MILLS RPM Tammy				LES MILLS RPM Jamie	
9:15a		LES MILLS RPM Patty		LES MILLS RPM Luci/Jamie		LES MILLS RPM Deena
5:30p	LES MILLS RPM Misty		LES MILLS RPM Tammy			

	Mon	Tues	Wed	Thurs	Fri
8:15a					
9:15a	Pilates Fusion Tommasina		Barre Chris	Pilates Fusion Sharon	Barre Jenny
4:30p					
5:30p	Barre Michelle L.			Yoga Flow Michelle L.	

CYCLING ROOM