

| Class Starting time | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------|---|---|--|--|---|---|---------------------------------------|
| 5:30 AM | | | Insanity@ Live 5:30 - 6:30 Stephanie | BodyPump™ 5:30 - 6:30 Shea | Rise&Grind Fit Camp 5:30 - 6:30 Stephanie | | |
| 5:30 AM | | | | Yoga Sculpt 5:30 - 6:30 Steph B | | | |
| 5:30 AM | | | | Group Cycling 5:30 - 6:15 Michael | | | |
| 6:00 AM | | Instructor's Choice 6:00 - 6:45 Kathy | Group Cycling 6:00 - 6:45 Tony | | | | |
| 6:15 AM | | Kettlebell AMPD 6:15 - 7:00 Shea | | | | | |
| 7:30 AM | | | | | | BODYPUMP™ Express 7:30 - 8:15 Karen | |
| 8:00 AM | | Vinyasa Yoga 8:00 - 9:00 Pam | | Vinyasa Yoga 8:00 - 9:00 Pam | | | |
| 8:15 AM | | A Step Above 8:15 - 9:00 Sue | | A Step Above 8:15 - 9:00 Sue | | | BODYPUMP™ 8:15 - 9:15 Kristin P |
| 8:30 AM | PiYo@ Live 8:30-9:30 Stephanie | GRIT™ 8:30 - 9:00 Kristen D | | | | Instructor's Choice 8:30 - 9:25 Karen | Yoga 8:30 - 9:30 Jim |
| 9:00 AM | | Instructor's Choice 9:00 - 10:00 Carrie | | Instructor's Choice 9:00 - 10:00 Carrie | Pilates 9:00 - 9:55 Pam | Instructor's Choice 9:00 - 10:00 Carrie | |
| 9:00 AM | | Into Deep 9:00 - 9:45 Dot | AquaZumba 9:00 - 9:45 Carrie | Into Deep 9:00 - 9:45 Dot | AquaZumba 9:00 - 9:45 Carrie | Into Deep 9:00 - 9:45 Dot | |
| 9:15 AM | | | | Step & Weights 9:15 - 10:15 Sue | | | |
| 9:15 AM | | Pilates 9:15 - 10:15 Pam | | BodyFlow™ 9:15 - 10:15 Pam | | | |
| 9:30 AM | Insanity@ Live 9:30-10:30 Stephanie | Group Cycling 9:30 - 10:20 Kristen D | BodyCombat™ 9:30 - 10:30 Kristen D | Group Cycling 9:30 - 10:30 Kristen D | | Group Cycling 9:30 - 10:30 Kristen D | |
| 9:30 AM | | | | | | GRIT™ 9:30 - 10:00 Megan | |
| 9:45 AM | | Deep Water Challenge 9:45 - 10:30 Joe | Water Walking 9:45 - 10:30 Deb | Deep Water Challenge 9:45 - 10:30 Joe | Water Walking 9:45 - 10:30 Deb | Deep Water Challenge 9:45 - 10:30 Beth | BodyPump™ 9:45 - 10:45 Megan |
| 9:45 AM | | Fit n' Fun 9:45 - 10:30 Dot | | Fit n' Fun 9:45 - 10:30 Dot | | Fit n' Fun 9:45 - 10:30 Dot | |
| 10:00 AM | | | Parkinson's Cycling 10:00 - 11:00 Sue | | Parkinson's Cycling 10:00 - 11:00 Sue | BodyFlow™ 10:00 - 11:00 Megan | |
| 10:05 AM | | | | | BodyPump™ 10:05 - 11:05 Megan | | |
| 10:30 AM | | SS Classic 10:30 - 11:30 Sue | | SS Classic 10:30 - 11:30 Sue | | | |
| 10:30 AM | | Adult Swim Conditioning 10:30 - 11:30 | BodyPump™ 10:30 - 11:30 Megan | | Adult Swim Conditioning 10:30 - 11:30 | Chair Yoga 10:30 - 11:15 Jim | |
| 10:45 AM | | Fit Camp 10:45 - 11:30 Kristen | | | | | |
| 11:00 AM | | | | GRIT™ Mix 11:00 - 11:30 Kristen D | | | Marsala Bahangra 11-12 pm Karen |
| 11:15 AM | | | | | BodyCombat™ 11:15am- 12:15pm Kristen D | | |
| 11:30 AM | Zumba@ 11:30am- 12:30pm Karen | | Core & More 11:30am - 12:00pm Kristen D | | SS Splash 11:30am- 12:15pm Megan | SS Circuit 11:30am- 12:30pm Megan | |
| 11:30 AM | | | | | Yoga 11:30am-12:30pm Jim | | |
| 11:45 AM | | SS Classic 11:45am - 12:45pm Sue | Zumba@ Gold 11:45am-12:45pm Madelyn | SS Classic 11:45am-12:45pm Sue | | | |
| 12:00 PM | | BodyPump™ 12:00 - 1:00 Megan | | Grit™ Strength 12:00 - 12:30 Megan | | | |
| 1:30 PM | | BodyFlow 1:30 - 2:30 Megan | | | | | |
| 4:00 PM | Ashtanga Yoga 4:00 - 5:00 Rick | | | | | | |
| 5:00 PM | | | | | HIIT Cycling 5:00 - 5:30 Stacey | | |
| 5:30 PM | | BODYCOMBAT™ 5:30 - 6:30 Karen | Instructor's Choice 5:30 - 6:15 Megan/Dave | BodyPump™ 5:30 - 6:30 Megan | | | |
| 5:30 PM | | | Zumba 5:30-6:15 | Water Walking 5:30 -6:15 Diane | | | |
| 5:45 PM | | | | | GRIT™ 5:45 - 6:15 Katie | | |
| 6:00 PM | | | | | | BodyPump™ 6:00 - 7:00 Shea | |
| 6:15 PM | | Group Cycling 6:15 - 7:15 Stacey | | | | | |
| 6:30 PM | | LeBarre 6:30 - 7:15 Karen | GRIT™ 6:30 - 7:00 Katie | | Kickboxing 6:30 - 7:30 Stephanie | | |
| 6:45 PM | | | | Family BodyFlow™ 6:45 - 7:45 Kristin P | | | |
| 7:00 PM | | Aquaticise 7:00 -8:00 Diane | Instructor's Choice 7:00 -8:00 Gail | | Instructor's Choice 7:00 -8:00 Gail | | |
| 7:30 PM | | Ashtanga Yoga 7:30 - 8:30 Rick | | | | | |
| 7:30 PM | | GRIT 7:30 - 8:00 Katie | | | | | |
| 8:30 PM | | | | Adult Swim Conditioning 8:30 - 9:30 Chris | | | |

Color Key:

- Gymnastics Center
- Aux Gym
- Main Gym
- Multipurpose Room (Upstairs)
- Pool
- Studio Y