

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				Power Yoga 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		Vinyasa Yoga 6:00 - 7:00 Laura	Vinyasa Yoga 6:00 - 7:00 Laura	
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 - 11:15 Kristen					
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	GRIT™ Mix 11:00 - 11:30 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 Madelyn	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

Please note: Classes subject to change. We recommend you upload our App for last minute changes.