

Fitness Class Schedule (January 5 - May 31) Revised 3/3/26

	Monday				Tuesday				Wednesday			
	Power Studio	Mindful Studio	Cycle	Activity Pool	Power Studio	Mindful Studio	Cycle	Activity Pool	Power Studio	Mindful Studio	Cycle	Activity Pool
5:15 a.m.			Cycle JB		HIIT Training Kathryn						Cycle JB	
6:00 a.m.	Strength Coco	High Fitness Ashley		Shallow Aerobics DeAnna		UpBeat Lift Halley	Cycle Marilyn	Aqua Zumba Karen	Pump Strength Leslie	High Fitness Bridgett		Shallow Aerobics DeAnna
7:00 a.m.			Cycle Sarah		UpBeat Pilates Makelle	Cardio Fuse Sharidan					Cycle Renaë	
8:00 a.m.						Yoga Phoebe			Kickboxing (8:30am) Megan	Barre (8:15am) Shey		Aqua Zumba Rian
9:30 a.m.	UpBeat Barre Katie	Zumba Cassie (BBall Court)	Cycle Lacee	Aqua Zumba Michelle W	Strength Sarah	High Fitness Liz (BBall Court)	Cycle Lindsey C	FitCity Splash Renaë	Strength Megan	UJAM Nicole	Cycle Anita	
10:30 a.m.	Surge Strength Teasha				Silver Sneakers (10:45am)	Mat Pilates Shantelle			Zumba Michelle W			
11:30 a.m.									Tai Chi Vinetta			
12:30 p.m.									DanceFit Dana (Starts Mar 4)			
4:30 p.m.	Kids Yoga (5-10 years old) Hannah				Kids Zumba JR (4-7 years) Tami				Kids Yoga (5-10 years old) Kiery			
5:00 p.m.												
6:00 p.m.	Steplt Monta											
7:00 p.m.	High Fitness Shelby	UpBeat Pilates Jackie			Zumba Kat	Strength Marissa	Cycle Lindsay S		High Fitness Shelby	Upbeat Barre Jackie		
8:15 p.m.		Yoga DeAnna			Sound Bath Shirley	UJAM (8:00pm) Sara				Yoga Restore Kiery		

