

Fitness Class Schedule (June 1- August 31) Revised 6/8/26

	Monday				Tuesday				Wednesday			
	Power Studio	Mindful Studio	Cycle	Program Pool	Power Studio	Mindful Studio	Cycle	Program Pool	Power Studio	Mindful Studio	Cycle	Program Pool
5:15 a.m.			Cycle JB			Strength Kathryn					Cycle JB	
6:00 a.m.	UpBeat Lift Lauren	High/Low Ashley Sunrise Yoga Phoebe		Shallow Aerobics DeAnna	UpBeat Lift Halley		Cycle Marilyn	Aqua Zumba Karen	Strength Leslie			Shallow Aerobics DeAnna
7:00 a.m.				Aqua HIIT Rena	UpBeat Pilates Makelle	Sound Bath Shirley				High Fitness Bridgett		
8:00 a.m.	Surge Strength Teasha			Aqua Zumba Michelle W				FitCity Splash Rena	Kickboxing (8:30am) Megan	Barre (8:15am) Shey		Aqua Zumba Tami
9:30 a.m.	UpBeat Barre Katie	Zumba Cassie (BBall Court)	Cycle Lacey		Strength Sarah	Surge Strength Sharidan High Fitness Liz (BBall Court)	Cycle Lindsey C		Strength Megan	Cardio Fuse Sharidan	Cycle Anita	
10:30 a.m.	High Fitness Melanie	Gentle Yoga Shenole			Silver Sneakers (10:45am) Nancy	Mat Pilates Shantelle			Zumba Michelle W	Hatha Yoga Emily		
11:30 a.m.									Tai Chi Vinetta			
12:30 p.m.									DanceFit Dana			
4:30 p.m.	Kids Yoga (5-10 years old) Kiery				Kids Zumba JR (4-7 years) Tami							
7:00 p.m.	High Fitness Shelby	UpBeat Pilates Jackie			Zumba Kat	Strength Marissa	Cycle Heather			Upbeat Barre Jackie		
8:15 p.m.	Tai Chi Nikki	Yoga DeAnna			UJAM (8:00pm) Sara				Stept Strength (8:00pm) Monta	Yoga Restore DeAnna		

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