

Fitness Class Schedule (August 31 - January 2) Revised 8/1/26

	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			Strength Kathryn					Cycle JB	
6:00 a.m.	UpBeat Lift Lauren	High/Low Ashley		Shallow Aerobics DeAnna	UpBeat Lift Halley		Cycle Marilyn	Aqua Zumba Karen	Strength Leslie	High Fitness Bridgett		Shallow Aerobics DeAnna
7:00 a.m.				Aqua HIIT Renaë	UpBeat Pilates Makelle							
8:00 a.m.						Yoga Mindy			Kickboxing (8:15am) Megan	Barre (8:15am) Shëy		
9:15 a.m.	UpBeat Barre Katie	Sculpt & Stretch Jackie Zumba Cassie (BBall Court)	Cycle Laceë	Aqua Zumba Michelle W	Strength Sarah	High Fitness Liz (BBall Court)	Cycle (9:30am) Lindsey C	FitCity Splash Renaë	Strength Megan	UJAM Nicole	Cycle Anita	Aqua Zumba (9:00am) Michelle
10:30 a.m.	Surge Strength Teasha	Gentle Yoga Shenole DanceFit Dana (Community Stage)			Silver Sneakers Nancy	Mat Pilates Shantelle			Zumba Michelle W	Yoga Emily		
11:30 a.m.									Tai Chi Vinetta			
4:30 p.m.	Kids Yoga (5-10 years old) Kiery				Kids Zumba JR (4-7 years) Tami							
5:00 p.m.												
6:00 p.m.					All-Ability Strength & Movement (Ages 14+) Lauren							
7:00 p.m.	High Fitness Shelby	UpBeat Pilates Jackie			Zumba Kat	Strength Marissa	Cycle Heather		UpBeat Pilates Liz			
8:15 p.m.	Tai Chi Nikki	Yoga DeAnna			UJAM (8:00pm) Sara	Sound Bath Shirley			Steplt Strength (8:00pm) Monta	Yoga Restore DeAnna		

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