

GROUP FITNESS SCHEDULE

JULY 2025



MONDAY

- 6:15 AM** Bootcamp with Cathy
- 9:00 AM** Strength with Becky
- 9:30 AM** Mat Pilates with Paige
- 6:00 PM** Yoga with Jane
- 6:30 PM** Aqua with Angie

TUESDAY

- 6:15 AM** Cycle with Connie
- 9:30 AM** Yoga with Leah
- 11:00 AM** Aqua with Donna
- 4:30 PM** Cycle with Leah
- 5:30 PM** *NEW* Cycle with Leah
- 5:45 PM** Body Sculpt with Becky
- 6:30 PM** Aqua with Kathy

WEDNESDAY

- 6:15 AM** Bootcamp with Annie
- 8:30 AM** Cycle with Cathy
- 9:00 AM** Strength with Cathy
- 6:00 PM** Cycle with Amy/Joe
- 6:00 PM** Yoga with Diana
- 6:30 PM** Aqua with Becky

THURSDAY

- 6:15 AM** Cycle with Ana
- 9:00 AM** Barre Fusion with Christian
- 9:30 AM** Yoga with Jessica
- 11:00 AM** Aqua with Jennifer
- 5:45 PM** Dance & Tone with Serena

FRIDAY

- 6:15 AM** Bootcamp with Connie
- 7:15 AM** Cycle with Lynsey
- 9:00 AM** Strength with Annie/Cathy/Serena
- 10:00 AM** Aqua with Becky



- 8:30 AM** Group Cycle with Lynsey
- 9:00 AM** Cardio & Strength Intervals with Becky
- 10:00 AM** Aqua with Becky

SATURDAY

- 8:15 AM** Cycle with Annie
- 9:00 AM** Strength with Annie
- 9:00 AM** Aqua with Becky/Angie
- 9:30 AM** Yoga with Kelly
- 10:00 AM** Aqua with Becky

SUNDAY

- 9:00 AM** Cycle Express with Annie/Cathy
- 9:30 AM** Barre Fusion with Annie/Cathy
- 9:30 AM** Yoga with Jill

REMEMBER TO REGISTER FOR CLASSES ON THE APP TO ENSURE NOTIFICATIONS OF CLASS CANCELLATIONS OR CHANGES!

