Group Fitness Schedule

November 1, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	SPIN Melissa 6:15-7:00am ***reservations required***	HIIT Heather/Kristle 5:45-6:45am	SPIN Melissa 6:00-6:45am ***reservations required***		
STRONG & STABLE Lesley 8:30-9:30am	PILATES FUSION Adriane 8:15-9:15am	STRONG & STABLE Lesley 8:30-9:30am	PILATES FUSION Adriane 8:15-9:15am	STRONG & STABLE Lesley 8:30-9:30am (Gym)	HIIT Kristle 8:30-9:30am
TBC Tina 9:15-10:15am (Gym)	ZUMBA Cindy 9:15-10:15am (Gym)	TBC - HIIT Tina 9:15-10:15am (Gym)		STEP & PUMP Cindy 9:15-10:15am	
	HATHA YOGA Dani 9:30-10:30am		CLASSICAL YOGA Michal 9:30-10:45am	CHAIR YOGA Lesley 9:30-10:30am (RB Court 2)	ZUMBA Cindy 9:30-10:30am (Gym)
GENTLE YOGA Debi 10:30-11:30am		CHAIR YOGA Patti 10:30-11:30am	BETTER BONES & BALANCE Tish 10:15-11:15am (RB Court 2)		
	DANCE WITH PATTI Patti 11:45-12:45pm			DANCE WITH PATTI Patti 11:45-12:45pm	
	CHAIR YOGA Patti 12:45-1:45pm				
POWER PUMP Heather 5:30-6:30pm			BOOTCAMP Heather/Kristle 5:30-6:30pm (Gym)		
			Private Rental (aerobics studio) 6:45-8:30pm	Class Descriptions	

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