



Group Fitness Class Schedule

Effective October 5, 2026

MONDAY		
8:00 AM	Pilates (A) (60 min)	Val
9:00 AM	TBC (A) (45 min)	Val
9:45 AM	Zumba® (A) (45 min)	Laura
4:30 PM	Zumba® Express (A) (30 min)	Karen
5:00 PM	Cardio Pump&Core (A) (60 min)	Karen
5:30 PM	Cycling (B) (45 min)	Megan
6:00 PM	Zumba® (45 min)	Charlene

TUESDAY		
8:00 AM	Yoga (A) (60 min)	Yvonne
8:15 AM	TRX (B) (30 min)	Val
9:00 AM	Zumba® (A) (45 min)	Val
9:00 AM	Cycling (B) (45 min)	Susanne
10:00 AM	Body Chisel (A) (45 min)	Joelle
4:45 PM	TBC Express (A) (30 min)	Karen
4:45 PM	Cycling (B) (45 min)	Susanne
5:15 PM	Pilates (A) (45 min)	Karen
6:00 PM	Zumba® (A) (60 min)	Ann Q.

WEDNESDAY		
8:00 AM	Barre (A) (60 min)	Yvonne
9:00 AM	Zumba® (A) (45 min)	Rachel
9:45 AM	Stretch Fusion (A) (45 min)	Rachel
4:30 PM	Butts&Guts (A) (30 min)	Karen
5:00 PM	Cardio Pump&Core (A) (60 min)	Karen

THURSDAY		
8:00 AM	Stretch Fusion (A) (60 min)	Val
9:00 AM	Zumba® (A) (45 min)	Val
9:15 AM	Cycling (B) (45 min)	Melinda
10:00 AM	Body Chisel (A) (45 min)	Joelle
5:00 PM	Zumba® (A) (60 min)	Holly & Michelle
6:00 PM	Soul Line Dancing (A) (60 min) \$7 drop-in	Jackie

FRIDAY		
8:00 AM	Pilates (A) (60 min)	Val
9:00 AM	TBC (A) (45 min)	Val
9:45 AM	Barre Fusion (A) (45 min)	Rachel
5:00 PM	Zumba® (A) (45 min)	Karen

SATURDAY		
8:00 AM	Step (A) (50 min)	Yvonne
8:00 AM	TRX Floor (B) (15 min)	Val
8:15 AM	TRX (B) (30 min)	Val
9:00 AM	Barre (B) (50 min)	Yvonne
9:00 AM	Zumba® (A) (60 min)	Ann Q.
10:00 AM	Pilates (A) (60 min)	Karen
11:00 AM	Body Chisel (A) (45 min)	Karen

SUNDAY		
8:00 AM	TBC (A) (60 min)	Yvonne
9:30 AM	Zumba® (A) (45 min)	Karen

***(A) or (B) designates the class studio location**