

GROUP EXERCISE CLASS SCHEDULE

May 2026

STUDIO ONE	MON	TUE	WED	THURS	FRI	SAT	SUN
5:00 AM	LIFT		LIFT				
7:30 AM	BEST BUTT EVER + ABS	PURE STRENGTH EXP	UPPER BODY CONDITIONING + ABS	PURE STRENGTH EXP			
8:00 AM		CORE 30		CORE 30			
8:15 AM	FULL BODY HIIT		FULL BODY HIIT				
8:45 AM		PURE STR		PURE STR			
9:00 AM	KETTLEFIT 30		PURE STRENGTH		UPPER BODY EXPRESS	LIFT	
9:45 AM	PURE STRENGTH	ZUMBA		CARDIOFIT	LIFT		
10:00 AM			STRETCH & MOBILITY				WEEKEND WARRIOR
10:15 AM						POWERHOUSE DANCE	
11:00 AM	TAI CHI	AGELESS AGILITY					
12:00 PM		SIT STRONG		CHAIR YOGA			
4:30 PM	CARDIOFIT						
4:45 PM		RED ZONE		RED ZONE			
5:30 PM	RED ZONE		LIFT				
6:30 PM			POWERHOUSE DANCE				
SPIN STUDIO	MON	TUE	WED	THURS	FRI	SAT	SUN
5:00 AM		RIDE		RIDE			
6:00 AM	RIDE 30		RIDE 30		RIDE 30		
8:00 AM						RIDE	
8:30 AM	RIDE		RIDE		RIDE 30		
9:30 AM							RIDE
9:45 AM		RIDE 30		RIDE 30			
10:00 AM						RIDE	
12:00 PM	RIDE 30		RIDE 30				
6:00 PM		RIDE 30		RIDE 30			

**SPIN BIKES ARE FIRST COME FIRST SERVE

**MIND BODY CLASSES MAY REQUIRE A YOGA MAT

MIND BODY	MON	TUE	WED	THURS	FRI	SAT	SUN
6:00 AM					GENTLE YOGA		
8:30 AM	BEYOND THE BARRE	FUNCTIONAL YOGA		FUNCTIONAL YOGA	BOOTY BARRE 30	PILATES SCULPT	
8:45 AM			TOTAL BODY BARRE				
9:45 AM	RENEW YOGA & MEDITATION	PILATES	FUNCTIONAL YOGA	PILATES SCULPT	PILATES/YOGA FUSION	HEATED POWER FLOW	
11:00 AM	BALANCE TRAINING	YIN YOGA	GENTLE YOGA	BALANCE TRAINING	GENTLE YOGA		
12:00 PM		NOON AT BARRE		NOON AT THE BARRE			
5:30 PM	ALL LEVELS FLOW	PILATES SCULPT	GENTLE YOGA	PILATES SCULPT			
WATER	MON	TUE	WED	THURS	FRI	SAT	SUN
7:00 AM	DEEP WATER RUNNING		DEEP WATER RUNNING		DEEP WATER RUNNING		
8:30 AM	HYDRO HIIT	AQUA INTENSITY	FLUID MOVES	POWER WAVES	FIT FRIDAY		
9:00 AM						SATURDAY SPLASH	
CIRCUIT STUDIO	MON	TUE	WED	THURS	FRI	SAT	SUN
8:30 AM	FREE-STYLE CIRCUIT		FREE-STYLE CIRCUIT		BALANCE CIRCUIT		
9:45 AM	YES CIRCUIT		YES CIRCUIT		YES CIRCUIT		