GROUP EXERCISE CLASS SCHEDULE - APRIL 2024

Monday				Tuesday				Wednesday			
5:15am	*Wake Up Call	Hillary	Gym	6:00am	*Body Pump	Lenae	2A	5:15am	*Wake Up Call	Hillary	Gym
5:30am	Cycling	Krista	3A	6:45am	Yoga Flow	Allison	3C	5:30am	Cycling	Krista	3A
8:30am	Zumba	Patty	3C	8:30am	Step & Tone	Audrey	3C	8:30am	*Bootcamp	Hillary	R
8:30am	Cardio/Strength Interval	Audrey	2A	8:30am	Core & Stretch	Dana	2A	8:30am	Zumba	Patty	3C
8:30am	*Bootcamp	Hillary	R	9:30am	*Body Pump	Audrey	2A	8:30am	Cardio/Strength Interval	Audrey	2A
9:30am	Body Balance	Kim	3C	12:00pm	Cycle Express	Jason	3A	9:30am	*Heart Moves	Audrey	2A
9:30am	*Heart Moves	Audrey	2A	4:30pm	S.O.A.R.	Jan	3C	9:30am	Body Balance	Kim	3C
10:30am	*Power Up!	Jan	2A	5:30pm	Body Balance	Kim	3C	10:30am	*Power Up!	Jan	2A
11:30am	S.O.A.R.	Jan	3C	5:15pm	Black Light Cycling	Melissa	3A	11:30am	Tai Chi Strong	Jan	3C
12:00pm	*Body Pump	Kim	2A					12:00pm	*Body Pump	Dana	2A
4:30pm	Cardio/Strength Interval	Audrey	2A					12:30pm	S.O.A.R.	Jan	3C
5:30pm	*Body Pump	Dana	2A					5:30pm	*Body Pump	Kim	2A
Thursday											
	Thursday	y			Friday				Saturda	ау	
6:00am	Thursday *Body Pump	y Lenae	2A	5:15am	Friday *Wake Up Call	Hillary	Gym	8:30am	Saturda Cycling	ay Melissa	3A
6:00am 6:45am		•	2A 3C	5:15am 8:30am		Hillary Patty	Gym 3C	8:30am 9:00am			3A 2A
	*Body Pump	Lenae			*Wake Up Call	-	-		Cycling	Melissa	
6:45am	*Body Pump Yoga Flow	Lenae Allison	3C	8:30am	*Wake Up Call Zumba	Patty	3C	9:00am	Cycling *Body Pump	Melissa Staff	2A
6:45am 8:30am	*Body Pump Yoga Flow Rebounding	Lenae Allison Audrey	3C 3C	8:30am 8:30am	*Wake Up Call Zumba *Body Pump	Patty Audrey	3C 2A	9:00am	Cycling *Body Pump	Melissa Staff	2A
6:45am 8:30am 8:30am	*Body Pump Yoga Flow Rebounding Core & Stretch	Lenae Allison Audrey Dana	3C 3C 2A	8:30am 8:30am 8:30am	*Wake Up Call Zumba *Body Pump *Bootcamp	Patty Audrey Hillary	3C 2A R	9:00am	Cycling *Body Pump	Melissa Staff	2A
6:45am 8:30am 8:30am 9:30am	*Body Pump Yoga Flow Rebounding Core & Stretch *Body Pump	Lenae Allison Audrey Dana Audrey	3C 3C 2A 2A	8:30am 8:30am 8:30am 9:30am	*Wake Up Call Zumba *Body Pump *Bootcamp *Heart Moves	Patty Audrey Hillary Audrey	3C 2A R 2A	9:00am	Cycling *Body Pump	Melissa Staff	2A
6:45am 8:30am 8:30am 9:30am 4:30pm	*Body Pump Yoga Flow Rebounding Core & Stretch *Body Pump *T.E.A.M	Lenae Allison Audrey Dana Audrey Jan	3C 3C 2A 2A 3C	8:30am 8:30am 8:30am 9:30am	*Wake Up Call Zumba *Body Pump *Bootcamp *Heart Moves	Patty Audrey Hillary Audrey Jason	3C 2A R 2A	9:00am	Cycling *Body Pump	Melissa Staff Patty	2A

Class Location Key [G] - Gymnasium [2A]- 2nd Floor Aerobics Studio [3C]- 3rd Floor Aerobics Studio [3A]- 3rd Floor Cycling Studio [R]- Rogue Room 1st Floor by turfed training area.

Fitness Center Hours of Operation Monday - Thursday: 5 a.m. - 10 p.m. Friday: 5 a.m. - 8 p.m. Saturday: 7 a.m. - 7 p.m. Sunday: Noon - 7 p.m.

