

GROUP EXERCISE CLASS SCHEDULE - APRIL 2025	
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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
7:45am	Simply Stretch	Audrey	2A	8:30am	Step & Tone	Audrey	3C	7:45am	Simply Stretch	Audrey	2A
8:30am	Cardio/Strength Interval	Audrey	2A	8:30am	Core & Stretch	Dana	2A	8:30am	Zumba	Kim	3C
8:30am	*Bootcamp	Hillary	Gym	9:30am	*Body Pump	Audrey	2A	8:30am	Cardio/Strength Interval	Audrey	2A
8:30am	Zumba	Kim	3C	12:00pm	Cycle Express	Jason	3A	8:30am	*Bootcamp	Hillary	Gym
9:30am	*Heart Moves	Audrey	2A	4:30pm	S.O.A.R.	Jan	3C	9:30am	Body Balance	Kim	3C
9:30am	Body Balance	Kim	3C	5:30pm	Body Balance	Kim	3C	9:30am	*Heart Moves	Audrey	2A
10:30am	*Power Up!	Jan	2A	5:15pm	Black Light Cycling	Melissa	3A	10:30am	*Power Up!	Jan	2A
11:30am	S.O.A.R.	Jan	3C					11:30am	Tai Chi Strong	Jan	3C
12:00pm	*Body Pump	Kim	2A					12:00pm	*Body Pump	Dana	2A
12:30pm	Simply Stretch	Jan	3C					12:30pm	S.O.A.R.	Jan	3C
4:30pm	Old School STEP	Audrey	2A					5:30pm	Body Pump	Kim	2A
5:30pm	*Body Pump	Dana	2A								

Thursday				Friday				Saturday			
6:00am	*Body Pump	Lenae	2A	5:15am	*Wake Up Call	Hillary	Gym	8:30am	Cycling	Melissa	3A
6:45am	Yoga Flow	Allison	3C	8:30am	Zumba	Patty	3C	9:00am	*Body Pump	Staff	2A
8:30am	Rebounding	Audrey	3C	8:30am	*Body Pump	Audrey	2A	10:00am	Body Balance	Patty	3C
8:30am	Core & Stretch	Dana	2A	8:30am	*Bootcamp	Hillary	Gym				
9:30am	*Body Pump	Audrey	2A	9:30am	*Heart Moves	Audrey	2A				
4:30pm	*T.E.A.M	Jan	3C	12:00pm	Cycle Express	Jason	3A				
5:15pm	Black Light Cycling	Melissa	3A								

Sunday
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**IMPORTANT INFORMATION**

It is strongly recommended that you register for all classes through the member portal or online to ensure your space in class.

Cycle Express is a 30 minute class.

Questions about Tai Chi, please inquire at the front desk!

Any class with an \*asterisk in front is not eligible for Junior Membership participation.  
13 and older only.

**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.

