GROUP EXERCISE CLASS SCHEDULE - FEBRUARY 2025

Monday

5:15am	*Wake Up Call	Hillary	**Gym**
5:30am	Cycling	Krista	**3A**
7:45am	Simply Stretch	Audrey	**2A**
8:30am	Cardio/Strength Interval	Audrey	**2A**
8:30am	*Bootcamp	Hillary	**R**
8:30am	Zumba	Kim	**3C**
9:30am	*Heart Moves	Audrey	**2A**
9:30am	Body Balance	Kim	**3C**
10:30am	*Power Up!	Jan	**2A**
11:30am	S.O.A.R.	Jan	**3C**
12:00pm	*Body Pump	Kim	**2A**
12:15pm	Bootcamp Express	Hillary	**R**
12:30pm	Simply Stretch	Jan	**3C**
4:30pm	Cardio/Strength Interval	Audrey	**2A**
5:30pm	*Body Pump	Dana	**2A**
5:30pm	Zumba	Lorraine	**3C**

Tuesday

6:00am	*Body Pump	Lenae	**2A**
6:45am	Yoga Flow	Allison	**3C**
8:30am	Step & Tone	Audrey	**3C**
8:30am	Core & Stretch	Dana	**2A**
9:30am	*Body Pump	Audrey	**2A**
12:00pm	Cycle Express	Jason	**3A**
4:30pm	S.O.A.R.	Jan	**3C**
5:30pm	Body Balance	Kim	**3C**
5:15pm	Black Light Cycling	Melissa	**3A**
6:30pm	Simply Stretch	Melissa	**3C**

Wednesday

5:15am	*Wake Up Call	Hillary	**Gym**
5:30am	Cycling	Krista	**3A**
7:45am	Simply Stretch	Audrey	**2A**
8:30am	Zumba	Kim	**3C**
8:30am	Cardio/Strength Interval	Audrey	**2A**
8:30am	*Bootcamp	Hillary	**R**
9:30am	Body Balance	Kim	**3C**
9:30am	*Heart Moves	Audrey	**2A**
10:30am	*Power Up!	Jan	**2A**
11:30am	Tai Chi Strong	Jan	**3C**
12:00pm	*Body Pump	Dana	**2A**
12:15pm	Bootcamp Express	Hillary	**R**
12:30pm	S.O.A.R.	Jan	**3C**
5:30pm	Zumba	Lorraine	**3C**
5:30pm	*Body Pump	Kim	**2A**

Thursday

6:00am	*Body Pump	Lenae	**2A**
6:45am	Yoga Flow	Allison	**3C**
8:30am	Rebounding	Audrey	**3C**
8:30am	Core & Stretch	Dana	**2A**
9:30am	*Body Pump	Audrey	**2A**
4:30pm	*T.E.A.M	Jan	**3C**
4:30pm	Simply Stretch	Melissa	**2A**
5:15pm	Black Light Cycling	Melissa	**3A**
5:45pm	Yoga Flow	Allison	**3C**

Friday

5:15am	*Wake Up Call	Hillary	**Gym**
8:30am	Zumba	Lorraine	**3C**
8:30am	*Body Pump	Audrey	**2A**
8:30am	*Bootcamp	Hillary	**R**
9:30am	*Heart Moves	Audrey	**2A**
9:45am	Simply Stretch	Hillary	**3C**
12:00pm	Cycle Express	Jason	**3A**

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.

Saturday

8:30am	Cycling	Melissa	**3A**
9:00am	*Body Pump	Staff	**2A**
10:00am	Body Balance	Kim	**3C**

Sunday

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.

Owensboro Health Healthpark