



GROUP FITNESS SCHEDULE

APRIL 2024



MONDAY

- 6:15 AM** Bootcamp with Cathy
- 8:30 AM** Cycle with Cathy
- 9:30 AM** Strength with Cathy
- 9:30 AM** Yoga with Jane
- 5:45 PM** HITT Cycle with Nicole
- 6:00 PM** Yoga with Jane
- 6:30 PM** Aqua with Angie

TUESDAY

- 6:15 AM** Cycle with Connie
- 9:00 AM** Barre with Traci
- 9:30 AM** Yoga with Veronica
- 10:00 AM** Aqua with Donna
- 5:45 PM** Body Sculpt with Becky

WEDNESDAY

- 6:15 AM** Bootcamp with Annie
- 8:30 AM** Cycle with Traci
- 9:30 AM** Strength with Traci
- 6:00 PM** Cycle with Amy/Joe
- 6:00 PM** Yoga with Kelly
- 6:30 PM** Aqua with Becky

*Tuesday, April 2nd, 9am, Strength with Joe and no Barre offered that day.

THURSDAY

- 6:15 AM** Cycle with Ana
- 9:00 AM** Barre with Annie
- 9:30 AM** Yoga with Jessica
- 10:00 AM** Aqua with Jennifer
- 5:45 PM** Body Sculpt with Jackie

FRIDAY

- 6:15 AM** Bootcamp with Connie
- 7:30 AM** Cycle with Lynsey
- 9:30 AM** Strength with Traci/Cathy
- 10:00 AM** Aqua with Becky

SATURDAY

- 8:00 AM** Cycle with Annie
- 9:00 AM** Strength with Annie
- 9:00 AM** Aqua with Becky
- 9:30 AM** Yoga with Kelly
- 10:00 AM** Aqua with Becky

SUNDAY

- 9:00 AM** Spin with Annie/Cathy
- 9:30 AM** Barre with Annie/Cathy
- 9:30 AM** Yoga with Jill

REMEMBER TO REGISTER FOR CLASSES ON THE APP TO ENSURE NOTIFICATIONS OF CLASS CANCELLATIONS OR CHANGES!