

Group Fitness Schedule: January 5th - May 3rd 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 - 6:30am Strength Before Sunrise Adriana CoreFit Studio	5:45 - 6:30am Pilates (Warm) Adriana Yoga Studio	5:45 - 6:30am Morning Mash-Up Adriana CoreFit Studio	5:45 - 6:30am Cycle Paths Heather Spin Studio	5:45 - 6:30am Morning Mash-Up Adriana CoreFit Studio	8:15 - 9:15am Let's Ride! Carrie Spin Studio
8:00 - 9:00am Monday Funday Ride Heather Spin Studio	9:00 - 10:00am Yoga Flow Stefanie Yoga Studio	8:00 - 9:00am Cardio + Strength Emily-Rose CoreFit Studio	5:45 - 6:30am Maintenance on the Mat Adriana CoreFit Studio	9:15 - 10:15am Strength & Tone Kerry CoreFit Studio	8:30 - 9:30am Pilates Stefanie Yoga Studio
9:00 - 10:00am Yoga Flow Shannon Yoga Studio	9:15 - 10:15am Tabata Anne CoreFit Studio	9:00 - 10:00am Pilates Stefanie Yoga Studio	9:00 - 10:00am Pilates (Warm) Adriana Yoga Studio	9:15 - 10:15am Watt's Up, Friday! Heather Spin Studio	8:45 - 9:45am Saturday STARTS Chris G. CoreFit Studio
9:15 - 10:15am Cardio Intensity Lisa H. CoreFit Studio	10:30 - 11:30am Muscle & Mobility Tasha CoreFit Studio	9:15 - 10:15am Strength & Stability Rick CoreFit Studio	9:15 - 10:15am Cardio + Strength Emily-Rose CoreFit Studio	10:30 - 11:30am Movement Restoration Rick CoreFit Studio	10:00 - 11:00am Saturday STARTS Chris G. CoreFit Studio
10:30 - 11:30am Gentle Flow Bobbi Yoga Studio	10:30 - 11:30am Pilates Stefanie Yoga Studio	10:30 - 11:30am Gentle Flow Bobbi Yoga Studio	10:30 - 11:30am Slow Flow (Warm) Cara Yoga Studio	10:30 - 11:30am Stretch & Unwind Ann Yoga Studio	10:00 - 11:00am Yoga Flow + Susan Yoga Studio
10:30 - 11:30am Step it Up! Lisa H. CoreFit Studio	12:00 - 12:30pm Gentle Spin Heather Spin Studio	10:30 - 11:30am Zumba Gold Isabel CoreFit Studio	10:30 - 11:30am Dance Fitness Ann CoreFit Studio	11:45am - 12:30pm Gentle Fit Rick CoreFit Studio	Sunday
12:00 - 12:45pm Chair Yoga Bobbi Yoga Studio	4:30 - 5:30pm Cardio + Strength Emily-Rose CoreFit Studio	11:45am - 12:15pm Gentle Fit Isabel CoreFit Studio	5:00 - 6:00pm Strength & Stability Rick CoreFit Studio	12:10 - 12:55pm Remix Cycle Chris B. Spin Studio	
4:45 - 5:45pm Power Hour Steve S. CoreFit Studio	5:15 - 6:15pm Slow Flow Sheona Yoga Studio	4:45 - 5:45pm Power Hour Steve S. CoreFit Studio	6:00 - 7:00pm Stretch & Unwind Sheona Yoga Studio		
5:45 - 6:45pm Pilates (Warm) Robyn Yoga Studio	5:45 - 6:45pm Step it Up! Isabel CoreFit Studio	5:45 - 6:45pm Power Hour Steve S. CoreFit Studio			
5:45 - 6:45pm Power Hour Steve S. CoreFit Studio	6:00 - 7:00pm Power Up Tabata Cycle Chris B. Spin Studio	5:45 - 6:45pm StrOgaLates (Hot) Robyn Yoga Studio			
6:00 - 7:00pm Drills & Hills Steve W. Spin Studio	6:45 - 7:45pm Embodied Flow Cara Yoga Studio	6:00 - 7:00pm Drills & Hills Steve W. Spin Studio			8:30 - 9:30am Flow Ride Chris B. Spin Studio
7:15 - 8:15pm Stretch & Unwind (Warm) Lisa R. Yoga Studio		7:15 - 8:15pm Yin-Restorative (Warm) Lisa R. Yoga Studio			10:00 - 11:00am Slow Flow Jessie Yoga Studio
					5:30 - 6:30pm Stretch & Unwind (Hot) Various Instructors Yoga Studio



CoreFit Studio
Yoga Studio
Spin Studio

*Schedule is subject to change. Please check online for the latest updates.