

Group Fitness Schedule: May 4th – September 20th 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 - 6:30am Strength at 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 Pilates & Stretch Adriana CoreFit Studio	5:45 - 6:30am Morning Mash-Up Adriana CoreFit Studio	8:30 - 9:30am Pilates Stefanie Yoga Studio
9:15 - 10:15am Cardio Intensity Lisa H. CoreFit Studio	9:00 - 10:00am Power Flow Stefanie Yoga Studio	9:00 - 10:00am Pilates Stefanie Yoga Studio	5:45 - 6:30am Cycle Paths Heather Spin Studio	9:15 - 10:15am Step it Up! Emily-Rose CoreFit Studio	10:00 - 11:00am Yoga Flow + Susan Yoga Studio
10:30 - 11:30am Slow Flow Yoga Bobbi Yoga Studio	9:15 - 10:15am Tabata Anne CoreFit Studio	9:15 - 10:15am 20/20/20 Emily-Rose CoreFit Studio	9:00 - 10:00am Pilates (Warm) Adriana Yoga Studio	10:30 - 11:30am Stretch & Unwind Ann Yoga Studio	Sunday
10:30 - 11:30am Step it Up! Lisa H. CoreFit Studio	10:30 - 11:30am Muscle & Mobility Tasha CoreFit Studio	10:30 - 11:30am Slow Flow Yoga Bobbi Yoga Studio	9:15 - 10:15am Cardio + Strength Emily-Rose CoreFit Studio	10:30 - 11:30am Movement Restoration Rick CoreFit Studio	
4:45 - 5:45pm Power Hour Steve S. CoreFit Studio	10:30 - 11:30am Pilates Stefanie Yoga Studio	10:30 - 11:30am Strength & Stability Rick CoreFit Studio	10:30 - 11:30am Morning Flow Cara Yoga Studio	12:10 - 12:55pm Remix Cycle Chris B. Spin Studio	
5:45 - 6:45pm Pilates Robyn Yoga Studio	4:45 - 5:45pm Cardio + Strength Emily-Rose CoreFit Studio	4:45 - 5:45pm Power Hour Steve S. CoreFit Studio	10:30 - 11:30am Dance Fitness Ann CoreFit Studio		
5:45 - 6:45pm Power Hour Steve S. CoreFit Studio	5:30 - 6:30pm Barre Nicole Yoga Studio	5:45 - 6:45pm StrOgaLates Robyn Yoga Studio	5:45 - 6:45pm Yoga Flow Sheona Yoga Studio		
6:00 - 7:00pm Drills & Hills Steve W. Spin Studio	6:00 - 7:00pm Power Up Tabata Cycle Chris B. Spin Studio	5:45 - 6:45pm Power Hour Steve S. CoreFit Studio			
7:15 - 8:15pm Stretch & Unwind (Warm) Lisa R. Yoga Studio	7:00 - 8:00pm Stretch & Unwind Sheona Yoga Studio	6:00 - 7:00pm Drills & Hills Steve W. Spin Studio			
		7:15 - 8:15pm Yin-Restorative (Warm) Lisa R. Yoga Studio			



Yoga Studio
CoreFit Studio
Spin Studio