

# Group Fitness Schedule: September 21 – December 20 2026

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

| Monday                                                                       | Tuesday                                                                   | Wednesday                                                                     | Thursday                                                                  | Friday                                                                             | Saturday                                                                                |
|------------------------------------------------------------------------------|---------------------------------------------------------------------------|-------------------------------------------------------------------------------|---------------------------------------------------------------------------|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| 5:45 - 6:30am<br><b>Morning Mash-Up</b><br>Adriana   CoreFit Studio          | 5:45 - 6:30am<br><b>Pilates (Warm)</b><br>Adriana   Yoga Studio           | 5:45 - 6:30am<br><b>Strength Before Sunrise</b><br>Adriana   CoreFit Studio   | 5:45 - 6:30am<br><b>Pilates &amp; Stretch</b><br>Adriana   Yoga Studio    | 5:45 - 6:30am<br><b>Morning Mash-Up</b><br>Adriana   CoreFit Studio                | 8:30 – 9:30am<br><b>Saturday STARTS</b><br>Chris G.   CoreFit Studio                    |
| 9:00 - 10:00am<br><b>Yoga for Men</b><br>Bobbi   Yoga Studio                 | 9:00 - 10:00am<br><b>Yoga Flow +</b><br>Stefanie   Yoga Studio            | 9:00 - 10:00am<br><b>Pilates</b><br>Stefanie   Yoga Studio                    | 5:45 - 6:30am<br><b>Cycle Paths</b><br>Heather   Spin Studio              | 8:00 – 9:00am<br><b>Total Body Build &amp; Burn</b><br>Emily-Rose   CoreFit Studio | 8:30 - 9:30am<br><b>Pilates</b><br>Stefanie   Yoga Studio                               |
| 9:15 - 10:15am<br><b>Cardio Intensity</b><br>Lisa H.   CoreFit Studio        | 9:15 - 10:15am<br><b>Tabata</b><br>Anne   CoreFit Studio                  | 9:15 - 10:15am<br><b>Strength &amp; Stability</b><br>Rick   CoreFit Studio    | 9:00 - 10:00am<br><b>Pilates (Warm)</b><br>Adriana   Yoga Studio          | 9:15 - 10:15am<br><b>Step it Up!</b><br>Emily-Rose   CoreFit Studio                | 9:45 – 10:45am<br><b>Saturday STARTS</b><br>Chris G.   CoreFit Studio                   |
| 10:30 - 11:30am<br><b>Slow Flow Yoga</b><br>Bobbi   Yoga Studio              | 10:30 - 11:30am<br><b>Pilates</b><br>Stefanie   Yoga Studio               | 10:30 - 11:30am<br><b>Slow Flow Yoga</b><br>Bobbi   Yoga Studio               | 9:15 - 10:15am<br><b>Cardio + Strength</b><br>Emily-Rose   CoreFit Studio | 10:30 - 11:30am<br><b>Stretch &amp; Unwind</b><br>Ann   Yoga Studio                | 10:00 - 11:00am<br><b>Yoga Flow +</b><br>Susan   Yoga Studio                            |
| 10:30 - 11:30am<br><b>Step it Up!</b><br>Lisa H.   CoreFit Studio            | 10:30 - 11:30am<br><b>Muscle &amp; Mobility</b><br>Tasha   CoreFit Studio | 10:30 - 11:30am<br><b>Morning Mettle</b><br>Heather   CoreFit Studio          | 10:30 - 11:30am<br><b>Morning Flow</b><br>Cara   Yoga Studio              | 10:30 - 11:30am<br><b>Movement Restoration</b><br>Rick   CoreFit Studio            | <b>Sunday</b>                                                                           |
| 12:00 - 12:45pm<br><b>Gentle - Chair Yoga</b><br>Bobbi   Yoga Studio         | 12:00 – 12:30pm<br><b>Gentle - Zumba</b><br>Isabel   CoreFit Studio       | 12:00 – 12:30pm<br><b>Gentle - Spin</b><br>Heather   Spin Studio              | 10:30 - 11:30am<br><b>Dance Fitness</b><br>Ann   CoreFit Studio           | 11:45 – 12:30pm<br><b>Gentle–Mobility &amp; Strength</b><br>Rick   CoreFit Studio  |                                                                                         |
| 4:45 - 5:45pm<br><b>Power Hour</b><br>Steve S.   CoreFit Studio              | 12:00 – 12:45pm<br><b>Noon Zoom</b><br>Diane   Spin Studio                | 5:15 – 6:15pm<br><b>Cast Iron Cardio</b><br>Heather   CoreFit Studio          | 12:00 – 12:30pm<br><b>Gentle – Dance Fitness</b><br>Ann   CoreFit Studio  | 4:00 – 5:00pm<br><b>Stretch &amp; Unwind (Warm)</b><br>Robyn   Yoga Studio         | 7:30 – 8:15am<br><b>Flow Ride</b><br>Chris   Spin Studio                                |
| 5:30 - 6:30pm<br><b>Pilates-Flow (Warm)</b><br>Robyn   Yoga Studio           | 5:15 – 6:15pm<br><b>The Swing Shift</b><br>Heather   CoreFit Studio       | 5:30 - 6:30pm<br><b>Pilates-Flow (Hot)</b><br>Robyn   Yoga Studio             | 4:45 - 5:45pm<br><b>Power Hour</b><br>Steve S.   CoreFit Studio           |                                                                                    | 9:00 – 10:00am<br><b>Slow Flow</b><br>Jessie   Yoga Studio                              |
| 5:45 - 6:45pm<br><b>Power Hour</b><br>Steve S.   CoreFit Studio              | 5:30 - 6:30pm<br><b>Barre</b><br>Nicole   Yoga Studio                     | 6:00 – 7:00pm<br><b>Drills &amp; Hills</b><br>Steve W.   Spin Studio          | 5:45 – 6:45pm<br><b>Flow-Meditation</b><br>Sheona   Yoga Studio           |                                                                                    | 10:30 - 11:30am<br><b>Tai Chi &amp; Qigong Fundamentals</b><br>Rick   Yoga Studio       |
| 6:00 – 7:00pm<br><b>Drills &amp; Hills</b><br>Steve W.   Spin Studio         | 6:00 – 7:00pm<br><b>Power Up Tabata Cycle</b><br>Chris B.   Spin Studio   | 6:30 – 7:30pm<br><b>Strength &amp; Conditioning</b><br>Grant   CoreFit Studio | 5:45 - 6:45pm<br><b>Power Hour</b><br>Steve S.   CoreFit Studio           |                                                                                    | 5:30 – 6:30pm<br><b>Stretch &amp; Unwind (Hot)</b><br>Various Instructors   Yoga Studio |
| 7:15 - 8:15pm<br><b>Stretch &amp; Unwind (Warm)</b><br>Lisa R.   Yoga Studio | 7:00 – 8:00pm<br><b>Stretch &amp; Unwind</b><br>Robyn   Yoga Studio       | 7:15 - 8:15pm<br><b>Yin-Restorative (Warm)</b><br>Lisa R.   Yoga Studio       |                                                                           |                                                                                    |                                                                                         |



Yoga Studio  
CoreFit Studio  
Spin Studio