

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 Morning Mash-Up Adriana CoreFit Studio	5:45 - 6:30am Pilates (Warm) Adriana Yoga Studio	5:45 - 6:30am Strength Before Sunrise Adriana CoreFit Studio	5:45 - 6:30am Pilates & Stretch Adriana Yoga Studio	5:45 - 6:30am Morning Mash-Up Adriana CoreFit Studio	8:30 – 9:30am Saturday STARTS Chris G. CoreFit Studio
9:00 - 10:00am Yoga for Men Bobbi Yoga Studio	9:00 - 10:00am Yoga Flow + Stefanie Yoga Studio	8:00 – 9:00am 20/20/20 Emily-Rose CoreFit Studio	5:45 - 6:30am Cycle Paths Heather Spin Studio	8:00 – 9:00am Total Body Build & Burn Emily-Rose CoreFit Studio	8:30 - 9:30am Pilates Stefanie Yoga Studio
9:15 - 10:15am Cardio Intensity Lisa H. CoreFit 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 Step it Up! Emily-Rose CoreFit Studio	9:45 – 10:45am Saturday STARTS Chris G. CoreFit Studio
10:30 - 11:30am Slow Flow Yoga Bobbi Yoga Studio	10:30 - 11:30am Pilates Stefanie Yoga Studio	9:15 - 10:15am Strength & Stability Rick CoreFit Studio	9:15 - 10:15am Cardio + Strength Emily-Rose CoreFit 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	10:30 - 11:30am Muscle & Mobility Tasha CoreFit Studio	10:30 - 11:30am Slow Flow Yoga Bobbi Yoga Studio	10:30 - 11:30am Morning Flow Cara Yoga Studio	10:30 - 11:30am Movement Restoration Rick CoreFit Studio	Sunday
12:00 - 12:45pm Gentle - Chair Yoga Bobbi Yoga Studio	12:00 – 12:30pm Gentle - Zumba Isabel CoreFit Studio	10:30 - 11:30am Morning Mettle Heather CoreFit Studio	10:30 - 11:30am Dance Fitness Ann CoreFit Studio	11:45 – 12:30pm Gentle–Mobility & Strength Rick CoreFit Studio	
4:45 - 5:45pm Power Hour Steve S. CoreFit Studio	12:00 – 12:45pm Noon Zoom Diane Spin Studio	12:00 – 12:30pm Gentle - Spin Heather Spin Studio	12:00 – 12:30pm Gentle – Dance Fitness Ann CoreFit Studio	4:00 – 5:00pm Stretch & Unwind (Warm) Robyn Yoga Studio	7:30 – 8:15am Flow Ride Chris Spin Studio
5:30 - 6:30pm Pilates-Flow (Warm) Robyn Yoga Studio	5:15 – 6:15pm The Swing Shift Heather CoreFit Studio	5:15 – 6:15pm Cast Iron Cardio Heather CoreFit Studio	4:45 - 5:45pm Power Hour Steve S. CoreFit Studio		9:00 – 10:00am Slow Flow Jessie Yoga Studio
5:45 - 6:45pm Power Hour Steve S. CoreFit Studio	5:30 - 6:30pm Barre Nicole Yoga Studio	5:30 - 6:30pm Pilates-Flow (Hot) Robyn Yoga Studio	5:45 – 6:45pm Flow-Meditation Sheona Yoga Studio		10:30 - 11:30am Tai Chi & Qigong Fundamentals Rick Yoga Studio
6:00 – 7:00pm Drills & Hills Steve W. Spin Studio	6:00 – 7:00pm Power Up Tabata Cycle Chris B. Spin Studio	6:00 – 7:00pm Drills & Hills Steve W. Spin Studio	5:45 - 6:45pm Power Hour Steve S. CoreFit Studio		5:30 – 6:30pm Stretch & Unwind (Hot) Various Instructors Yoga Studio
7:15 - 8:15pm Stretch & Unwind (Warm) Lisa R. Yoga Studio	7:00 – 8:00pm Stretch & Unwind Robyn Yoga Studio	6:30 – 7:30pm Strength & Conditioning Grant CoreFit Studio			
		7:15 - 8:15pm Yin-Restorative (Warm) Lisa R. Yoga Studio			



Yoga Studio
CoreFit Studio
Spin Studio