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 **Maintenance on the Mat** 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**
4:45 - 5:45pm **Power Hour** Steve S. | CoreFit Studio	12:00 – 12:45pm **Noon Zoom** Diane | Spin Studio	10:30 - 11:30am **Morning Mettle** Heather | CoreFit Studio	10:30 - 11:30am **Dance Fitness** Ann | CoreFit Studio	12:00 – 12:45pm **Express Pilates** Stefanie | 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	4:00 – 5:00pm **Stretch & Unwind (Warm)** Robyn | Yoga 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			

Heritage Community Fitness
Integrative Health Specialists

Yoga Studio
CoreFit Studio
Spin Studio