



GROUP EXERCISE SCHEDULE- Dec. 2025

UPDATED AS OF DEC. 10TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15 – 6:15am Body Pump with Carol	5:15 – 6:00am Cycling with Christina	5:15 – 6:15am Body Pump with Carol	5:15 – 6:00am Cycling with Kayla	5:15 – 6:15am Body Pump - Member Led
8:00-9:00am Yoga with Jai Ram	7:05-8:05am Body Pump with Tiffany	8:00-9:00am Yoga with Jai Ram	7:05-8:05am Body Pump with Mary Jo S	8:00-9:00am Yoga with Jai Ram
9:15-10:00am Full Body Strength w/Pam	7:30-8:00am Beginner Tai Chi with Jim 8:00-9:00am Regular Tai Chi with Jim	9:15-10:00am Full Body Strength w/ Carol	7:30-8:00am Beginner Tai Chi with Jim 8:00-9:00am Regular Tai Chi with Jim	9:15-10:00am Tone with Mary Jo S.
10:05-10:50am Young at Heart with Stacy	8:30-9:15am Pilates & More w/ Mary Jo K.	10:05-10:50am Young at Heart with Erin	9:15-10:00am Cycling & abs with Erin	10:05-10:50am Young at Heart with Stacy
12:05-1:05pm Body Pump w/ Carol	9:30-10:30am Zumba with Stacy 11:00-11:45am Body Fusion w/ Carol	12:05-1:05pm Body Pump w/ Mary Jo S.	9:30-10:30am Zumba with Stacy 11:15-12:00pm Chair yoga with Kim	12:05-1:05pm Body Pump with Katie
5:30-6:20pm Zumba with Nicolle	5:15-6:15pm Gentle Flow Yoga w/ Bethany	5:25-6:15pm Body Balance with Tiffany	12:00-12:45pm Cycling with Greg	SATURDAY
5:30-6:25pm Cycling with Greg	6:45-7:45pm Kickboxing with Pat	5:30-6:25pm Cycling with Joe	5:30-6:20pm Zumba with Nicolle 6:45-7:45pm Kickboxing with Pat	7:30-8:30am Body Pump 8:30-9:15am Cycling with Greg 8:45-9:45am
6:30-7:30pm Body Pump with Ashleigh/Carol	All classes take place in the Group Exercise Studio on the second floor. Cycling takes place in the Cylng Studio and Tai Chi takes place in the Multi-Purpose (MP) Studio.			10:00-11:00am Cycling with Greg



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WATER EXERCISE S

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-9:00am Warm Water Aerobics Teresa (SP)	8:00-9:00am Warm Water Aerobics Teresa (SP)	8:00-9:00am Warm Water Aerobics Teresa (SP)		8:00-9:00am Warm Water Aerobics Teresa (SP)
8:30-9:30am Aqua Fitness Kim (LP)	8:30-9:15am Deep Water Aero Linda (LP)	8:30-9:30am Aqua Fitness Kim (LP)	8:30-9:15am Deep Water Aero Linda (LP)	8:30-9:30am Aqua Fitness & Yoga Kim (LP)
9:15-10:00am Water Fitness Member Led (LP)	9:15-9:50am Water Cycling Linda (LP)	9:15-10:00am Water Fitness Member Led (LP)	9:15-9:50am Water Cycling Linda (LP)	9:15-10:00am Water Fitness Member Led (LP)
11:00am-NOON Water Aerobics Cathy (SP)	11:00-11:45am Aqua Toning Cathy (SP)	11:00am-NOON Water Aerobics Cathy (SP)	11:00-11:45am Aqua Toning Cathy (SP)	11:00am-NOON Warm Water Aerobics Cathy (SP)
		5:15-6:00pm Water Boot Camp Michelle (LP)		SATURDAY
5:15-6:00pm Water Boot Camp Michelle (LP)		5:15-6:00pm Water Boot Camp Michelle (LP)		8:15-9:00am Water Boot Camp Michelle (LP)
				9:30-10:30am Aqua Dance Nicolle (LP)