

FALL 2026 GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
6AM	QuickFit (C) 6:30-7:00AM Alyssa	Deep Water (DW) 6:15-7:15AM Kim	Yoga (F) 6:30-7:15AM Lizzy	Deep Water (DW) 6:15-7:15AM Kim	QuickFit (C) 6:30-7:00AM Alyssa	
		Yoga (F) 6:30-7:15AM Jo		Yoga (F) 6:30-7:15AM Jo	Yoga (F) 6:30-7:15AM Ila	
	Pilates Express (A) 6:45-7:15AM Molly	Cycle Express (E) 6:45-7:15AM Jessie	Pilates Express (A) 6:45-7:15AM Molly	Barre Express (A) 6:45-7:15AM Amelia		
7AM	Cycle Express (E) 7:00-7:30AM Colby		Cycle Express (E) 7:00-7:30AM Colby		Cycle Express (E) 7:00-7:30AM Colby	
	Yogalates (B) 7:45-8:15 Carleigh	LES MILLS SHAPEST™ (B) 7:30-8:15AM Abby	LES MILLS CORE™ (B) 7:30-8:15AM Kelly	LES MILLS SHAPEST™ (B) 7:30-8:15AM Abby		
8AM			LES MILLS CEREMONY HYROX™ (B) 8:30-9:30AM Kelly		Yoga (F) 8:00-8:45AM Amelia	
12PM	LES MILLS BODYPUMP™ (B) 12:15-1:15PM Melanie	Deep Water (DW) 12:15-1:00PM Kim	LES MILLS BODYPUMP™ (B) 12:15-1:15PM Melanie	Deep Water (DW) 12:15-1:00PM Kim		
	Yoga & Meditation (F) 12:15-1:15PM Ruth	Yoga (F) 12:15-1:15PM Allison	Yogalates (F) 12:15-1:00PM Myrna	Yoga (F) 12:15-1:15PM Myrna	Yoga & Meditation (F) 12:15-1:15PM Myrna	
	QuickFit (C) 12:30-1:00PM Hannah	QuickFit (C) 12:30-1:00PM Carson	Aqua Tabata (RP) 12:15-1:00PM Sandi	QuickFit (C) 12:30-1:00PM Carson	QuickFit (C) 12:30-1:00PM Alyssa	
			LES MILLS TONET™ (C) 12:30-1:15PM Addie			
1PM	Human Reformer® (B) 1:30-2:00PM Carleigh		Human Reformer® (B) 1:30-2:00PM Carleigh		Strength & Stretch (B) 1:15-1:45PM Ila	TRX® Yoga (D) 1:30-2:30PM Ruth
4PM	Drop It! (B) 4:00-4:45PM Eliana	Yoga (F) 4:15-5:00PM Ila	Pilates (B) 4:00-4:45PM Eliana	Yoga (F) 4:15-5:00PM Ila	Yoga & Meditation (F) 4:15-5:15PM Ruth	Yoga (F) 4:00-5:00PM Myrna
		Strength & Stretch (B) 4:30-5:15PM Hannah		LES MILLS SHAPEST™ (B) 4:30-5:15PM Abby	Cycle Express (E) 4:45-5:15PM Nicholas	Defensive Arts & Personal Well-being (D) 4:00-6:00PM Mike
5PM	LES MILLS TONET™ (B) 5:00-5:45PM Kelly	LES MILLS BODYPUMP™ (B) 5:30-6:15PM Betsy		LES MILLS BODYPUMP HEAVY™ (B) 5:30-6:15PM Betsy		LES MILLS BODYBALANCE™ (F) 5:15-6:00PM Jocelin
	Cycle (E) 5:30-6:15PM Nicholas	Cycle (E) 5:30-6:15PM Colby		Cycle (E) 5:30-6:15PM Colby		Cycle (E) 5:30-6:15PM Colby
		QuickFit (C) 5:45-6:15PM Ainsley		QuickFit (C) 5:45-6:15PM Hannah		
6PM	LES MILLS CORE™ (B) 6:00-6:35 Kelly	LES MILLS BODYBALANCE™ (F) 6:30-7:30PM Betsy	HIIT (B) 6:00-6:30PM Ainsley	LES MILLS BODYBALANCE™ (F) 6:30-7:30PM Betsy		Rock Your Vinyasa (F) 6:30-7:30PM Ruth
	Strength & Stretch (A) 6:30-7:15PM Alyssa	LES MILLS SPRINT™ (E) 6:30-7:30PM Sophia	Cycle Core (E) 6:00-6:45PM Nicholas	LES MILLS SPRINT™ (E) 6:30-7:30PM Sophia		
			Drop It! (A) 6:15-7:00PM Jessie			
	TRX® Yoga (D) 6:45-7:45PM Ruth		TRX® Yoga (D) 6:45-7:45PM Ruth			
7PM	LES MILLS CEREMONY HYROX™ (B) 7:00-7:45PM Kelly		Step Aerobics (B) 7:00-7:45PM Vivian			



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Aqua Tabata	Want HIIT without the impact? Aqua Tabata is a type of high-intensity interval training that will push your limits using the properties of water. This class includes periods of high intensity exercise that are followed by short periods of rest. Classes are held in the Rec Pool. No swimming experience necessary.
Barre/Barre Express	This class is a full body workout utilizing ballet, Pilates, and strength training. The Barre format strengthens and stabilizes muscles, while performing small isometric movements. No ballet experience necessary!
LES MILLS BODYBALANCE™	BODYBALANCE™ is the yoga-based work that will calm your mind, strengthen your body, and improve your flexibility. By combining yoga sequences, held postures, Tai Chi and Pilates, BODYBALANCE™ encapsulates all the research-based benefits of practicing yoga.
LES MILLS BODYPUMP™/ BODYPUMP HEAVY™	BODYPUMP™ is the original barbell workout, using light to moderate weights and high reps to get you lean and toned. Powering through squats, presses, lifts and curls you'll work all your major muscles as you build strength and burn calories, getting fitter, faster. BODYPUMP HEAVY™ uses traditional lifting techniques to challenge strength, build lean muscle, and deliver measurable performance gains.
LES MILLS CEREMONY HYROX™	High-performance strength and cardio training where you move through eight functional workout stations. The expertly structured format removes guesswork and maximizes performance. Music sets the energy and pace, coaches keep you locked in, and the group energy keeps you coming back for more. You build strength, fitness, resilience and the confidence to achieve more than you thought you could.
LES MILLS CORE™	LES MILLS CORE™ is an intense core workout for functional fitness. It's scientifically designed to build strength, stability, and endurance in the muscles that support your core.
Cycle/ Cycle Express	Be prepared to ride your way through rolling hills, steep climbs, false flats, sprints, and much more! This class is a great option for those seeking a challenging low-impact, cardio and strength fusion.
Cycle Core	This class will take place on and off the bike combining cycle and mat-based core exercises. Get your heart rate up by cycling on the bike and then get ready to target your abdominal muscles with a series of exercises. This class is the perfect blend of cardio and core training, no experience necessary!
Deep Water	Exhaust every muscle in your body and ignite your core without ever touching the ground in this low-impact, cardio and strength based class! Classes are held in the diving well. Buoyancy belts provided. No swimming experience required.
Defensive Arts & Personal Well-being	Strengthen your body, challenge your mind, and learn how to protect yourself. This class will consist of learning efficient and effective striking techniques while integrating some cardio and strength training. Striking techniques will be linked to addressing/escaping simulated real-world scenarios (holds and chokes). Psychoeducation will be a major component with discussions and lessons on the physiological and psychological reactions experienced in high stress situations. Participants will learn skills to cope with stress and practice self-awareness. Class is ideal for those with little to no experience, but all skill levels are welcome.
Drop It!	Get ready to sweat, slay, and unleash your inner dancer! Drop It! is a high-energy cardio dance class that blends the hottest hip hop moves with heart-pumping beats to keep you moving, grooving, and glowing. No dance experience? No problem! This class is all about attitude, expression, and having fun.
HIIT	Push your limits with this fast-paced, full-body workout that alternates short bursts of high-intensity exercise with recovery periods. HIIT is designed to improve cardiovascular fitness, build strength, and maximize calorie burn in a fun, efficient format.
Human Reformer®	Human Reformer® reimagines traditional reformer Pilates by transforming your body into the ultimate reformer using resistance bands. This innovative mat-based format provides a powerful, full-body workout that replicates the benefits of reformer training - without the need for bulky equipment or the high cost.
Pilates/	Pilates is a low-impact, mat-based class that focuses on the core as the powerhouse, or control center, of the body that is designed to develop balance and stabilization of supporting muscles while focusing on breathing.
QuickFit	A perfect choice for those in a time crunch! This total body cardio/strength express class will condition your body in just 30 minutes.
Rock Your Vinyasa	Rock Your Vinyasa is a high-energy, musically-charged flow that blends the grounding rhythm of traditional vinyasa with the bold pulse of rock. It's yoga with attitude - a place where breath meets bassline and movement syncs with electric riffs to create a practice that feels equal parts empowering, athletic, and straight-up fun.
LES MILLS SHAPES™	LES MILLS SHAPES™ combines the best of Pilates, barre and power yoga with modern playful beats. This invigorating low-impact workout uses small, controlled movements and repetition to target muscles, sculpt, strengthen, and improve alignment and flexibility. Suitable for all fitness levels, LES MILLS SHAPES™ is all about finding the hot spot and training at an intensity that works for you.
LES MILLS SPRINT™	LES MILLS SPRINT™ is a high-intensity interval training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training that will push your members' physical and mental limits. Combining bursts of intensity - where your members work as hard as possible - with periods of rest that prepare them for the next effort, LES MILLS SPRINT™ drives rapid results and top-end athletic performance.
Step Aerobics	Get ready to elevate your fitness routine and step up to a new challenge! Our Step Aerobics class combines high-energy cardio with dynamic movements to help you burn calories, tone muscles, and improve coordination.
Strength & Stretch	Recharge your body and mind with this dynamic fusion of strength training and flexibility work. This class combines functional strength exercises with deep, intentional stretching to help you build muscle, improve mobility, and reduce tension.
LES MILLS TONE™	LES MILLS TONE™ is the complete workout. By combining the world's best music and cutting-edge innovation, TONE™ seeks not only to improve your strength and fitness but target your coordination, agility, fitness levels, balance and explosive power. TONE™ builds your overall athleticism.
TRX® Yoga	This class truly blends mind and body work. The TRX® Suspension Trainer will test your muscular and core endurance using bodyweight exercises while the yoga portion will focus on improving mobility and mindfulness.
Yoga	Refine and master breathing techniques and a wide variety of essential yoga poses. The sequence of movements will help stretch, unwind, and de-stress your mind and body. Class structure and intensity may vary.
Yoga & Meditation	Yoga & Meditation focuses on a calming, quiet atmosphere to center the body and mind. Emphasis will be placed on lengthened guided meditation time to improve serenity and focus as well as comfortably lengthening the muscles.
Yogalates	Yogalates blends the core-strengthening benefits of Pilates with the flexibility, balance, and mindfulness of yoga. Improve strength, mobility, posture, and body awareness in this full-body workout designed for all fitness levels.