

Group Fitness Schedule

Fall 2022

October 10th- December 9th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga Meredith 10:30-11:30a.m. Group Fitness B	Strength N' Tone Paula 12:15-12:45p.m. Group Fitness A	HIIT Charlie 8:30-9:15a.m. Group Fitness B	Strength N' Tone Paula 12:15-12:45p.m. Group Fitness A	HIIT Charlie 8:30-9:15a.m. Group Fitness B	Cycle60 Mike 10:15-11:15a.m. Cycle Zone	
Cardio Step Rebekah 12:15-1p.m. Group Fitness A	Cycle60 Mike 5:15-6:15p.m. Cycle Zone	Raise the Barre Rebekah 12:15-1p.m. Group Fitness B	Cycle Express Helen 5-5:30p.m. Cycle Zone	HIIT Express Samantha 11:30-12p.m. Group Fitness B		
Pump Kelly 4-4:45p.m. Group Fitness B	Zumba Cristina 6:00-6:55p.m. Group Fitness A	Cougar Camp Mike 5:15-6:15p.m. Group Fitness A	Cougar Combat Dillyn 6-6:55p.m. Group Fitness B	Cycle Express Helen 12:15-12:45p.m. Cycle Zone		
Total Body Paula 5-5:45p.m. Group Fitness A	Yoga Flow Tessa 7:15-8p.m. Group Fitness B	Cardio Dance Ashlyn 6:30-7:15p.m. Group Fitness A	Yoga Flow Tessa 7:15-8p.m. Group Fitness B			