

SEPTEMBER 2025 GROUP FITNESS SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 a.m.			Boot Camp ROBIN		Boot Camp CHRISTI	Above the Belt RANDAL	
5:50 a.m.		Indoor Cycling RANDAL		Indoor Cycling RANDAL		Indoor Cycling RANDAL	
6:15 a.m.			15-Minute Abs ROBIN		15-Minute Abs CHRISTI		
6:30 a.m.		Stretch & Strengthen BETH	Barre Express RAYDENE	Yoga BETH	Barre Express RAYDENE		
8:00 a.m.	Body Shaping CHRISTI	Silver Sneakers Classic DIANE		Silver Sneakers Classic DIANE		Silver Sneakers Classic DIANE	
8:30 a.m.		Spintervals CHRISTI	Indoor Cycling CHRISTI	Barre BETH	Indoor Cycling JACKIE	Super Stations RANDAL	Indoor Cycling ALTERNATING INSTRUCTORS
9:30 a.m.		Strong & Steady: Mobility + Strength Flow BETH/MISTY	Body Shaping ALICIA	Spin & Sculpt ALICIA	Super Stations JACKIE	Power Stretch & Balance RANDAL	Yoga LAURIE
10:45 a.m.		Silver Sneakers Classic TESSA	Yoga Stretch LINDA	Silver Sneakers Classic ALICIA	Silver Sneakers Circuit LAURIE	Silver Sneakers Classic ALICIA	
12:05 p.m.		Body Shaping MISTY	Yoga Flow LAURIE	Body Shaping CHRISTI	Body Shaping ALICIA	Pilates MISTY	
1:30 p.m.	Yoga LINDA						
4:45 p.m.		Fit HIIT LAURIE	Super Step & Abs CHRISTI	Fit HIIT LAURIE	Kickboxing MICHELLE		
5:30 p.m.		Barre BETH	Night Ride ROBIN	Simple Step & Strength CHRISTI	Spin & Sculpt ALICIA		
6:30 p.m.							

- **ABOVE THE BELT** This 30-minute toning class uses a variety of equipment to focus on arms and abs.
- **BARRE** Barre uses elements of ballet, Pilates and yoga to help you achieve a “dancer’s body”—strong, sleek and streamlined. The exercises rely mainly upon one’s bodyweight for resistance, and the moves challenge your core stability and balance.
- **BARRE EXPRESS** This 45-minute Barre class will have you finished in time to get started with your busy day!
- **BODY SHAPING** This hour-long full-body toning class utilizes weights, resistance bands, stability balls, and more, to challenge your muscles while conditioning the entire body.
- **BOOT CAMP** This fun outdoor class will challenge your endurance, agility and strength.
- **BURN & BUILD** This high-energy workout combines heart-pumping cardio with muscle-sculpting strength training. Torch those calories, boost endurance and build lean muscle all in one powerful session. All fitness levels welcome!
- **CORE HIIT** This class focuses on the muscles of the core with a mixture of cardio and strength. With these ab-focused intervals, you’ll get rest in between sets of innovative exercises to challenge your mid-section on a new level.
- **FIT HIIT** Short-burst interval class containing cardio and weight training to get your heart pumping and sweat dripping! All fitness levels welcome.
- **HIGH LOW** Low impact aerobics and toning—but HIGH energy!
- **IGNITE** This class is divided into three blocks of work (strength, cardio & hybrid) followed by a quick finisher. Leave feeling strong and energized, and ready to take on the week! Designed for all ages, and all fitness levels.
- **INDOOR CYCLING** Ultimate indoor cycling challenge designed to simulate a variety of terrain and training techniques guaranteed to get your heart pumpin’ and your legs churnin’! Enjoy the ride to great tunes.
- **KICKBOXING** Unleash your power in this high-energy class that combines martial arts with fast-paced cardio.
- **NIGHT RIDE** In this 45-minute indoor cycling class, you will be immersed in darkness with black lights and minimal cueing from the instructor. The music will be the main focus with the beats leading your ride through sprints, hills and intervals.
- **PILATES** Connect with your inner strength while improving posture and joint mobility. This class focuses on stabilization of the torso, recruiting abdominal muscles and transferring that energy to strengthen the limbs through a series of movements that will challenge you both physically and mentally
- **POWER STRETCH & BALANCE** This 30-minute class is a combination of yoga stretching and core work sure to improve your flexibility and balance.
- **SILVER SNEAKERS CIRCUIT** This class is designed to improve cardiovascular endurance while safely increasing intensity levels of upper body strength with non- and low-impact aerobic movements.
- **SILVER SNEAKERS CLASSIC** Silver Sneakers is a fun, energizing program that helps older adults take control of their health by encouraging physical activity.
- **SIMPLE STEP & STRENGTH** This one-hour class is your chance to learn all of the basic steps while giving you a great cardio workout! In between the routines, you’ll get in some strength intervals.
- **SPIN & SCULPT** 50% indoor cycling with 50% strength training—what more could you ask for?!
- **SPINTERVALS** This hour-long class of intervals of spin and strength training will fly by while giving you a full body workout.
- **SUPER STEP & ABS** Get a full-body workout with this mix of fun, step choreography with abs included.
- **STRETCH & STRENGTHEN** Focus on improving muscle strength and flexibility, this class incorporates weight machines, ending with a post-workout stretch routine.
- **STRONG & STEADY: MOBILITY + STRENGTH FLOW** This full-body class blends strength training, mobility drills, balance exercises and deep stretching. this class helps you move better, feel stronger, and prevent injury. Expect light weights, bodyweight movements, focused core work, and mindful stretching designed to improve stability, joint health, and flexibility. All fitness levels welcome.
- **SUPER STATIONS** You’ll never be bored in this class! Keep moving from different stations, while getting a total body workout through a variety of exercises.
- **YOGA** This class incorporates yoga postures, breathing exercises and a mind focus to improve balance, strength and flexibility.
- **YOGA FLOW** A fusion of many different styles of Yoga to strengthen, tone and stretch the body.
- **YOGA STRETCH** This is a seated, stretching and modified standing Yoga class that will gently increase range of movement. Emphasis will be on safely building muscle strength to improve balance and coordination to become steadier on your feet.
- **15-MINUTE ABS** Much more than crunches, this class uses a variety of equipment and the latest moves to tone up those core muscles.