


JULY 2026 GROUP FITNESS SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 a.m.			Boot Camp CHRISTI		Boot Camp ROBIN	Above the Belt RANDAL	
5:50 a.m.		Indoor Cycling RANDAL		Indoor Cycling RANDAL		Indoor Cycling RANDAL	
6:15 a.m.			15-Minute Abs CHRISTI		15-Minute Abs ROBIN		
6:30 a.m.		Pumped Up Strength RAYDENE	Barre Express RAYDENE	Yoga BETH	Barre Express RAYDENE		
8:00 a.m.	Body Shaping CHRISTI	Silver Sneakers Classic DIANE		Silver Sneakers Well-Balanced DIANE		Silver Sneakers Classic DIANE	Indoor Cycling ALTERNATING INSTRUCTORS
8:30 a.m.		Spintervals CHRISTI	Indoor Cycling CHRISTI	Barre BETH	Spintervals JACKIE	Super Stations RANDAL	
9:30 a.m.		Ignite ALEX	Body Shaping ALICIA	Spin & Sculpt ALICIA	Body Shaping JACKIE	Power Stretch & Balance RANDAL	Yoga LAURIE
10:45 a.m.		Silver Sneakers Classic TESSA	Yoga Stretch LINDA	Silver Sneakers Classic ALICIA	Silver Sneakers Classic LAURIE	Silver Sneakers Classic ALICIA	
12:05 p.m.		Body Shaping MISTY	Yoga Flow LAURIE	Pilates Express ROBIN	Body Shaping ALICIA	Pilates MISTY	
1:30 p.m.	Yoga LINDA						
4:45 p.m.		Fit HIIT LAURIE		Fit HIIT LAURIE	Kickboxing Express MICHELLE		
5:30 p.m.		Barre BETH	PowerBar Pilates MICHELLE	Step & Strength CHRISTI	Spin & Sculpt ALICIA <i>Indoor cycling room</i>		
					Stretch & Reset MICHELLE <i>Group fitness room</i>		
6:30 p.m.			Ab Lab MICHELLE				

- **AB LAB** Your 30-minute core tune-up with serious payoff. Expect a focused mix of crunches, planks, rotational work, and stability drills that hit every angle of your core. It's efficient, challenging, and scalable for all levels—walk in, fire up your midsection, and walk out stronger, tighter, and standing taller.
- **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. We meet at the front doors.
- **FIT HIIT** Short-burst interval class containing cardio and weight training to get your heart pumping and sweat dripping! All fitness levels welcome.
- **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’! The energy and enthusiasm is contagious! Enjoy the ride to great tunes alongside great comrades!
- **KICKBOXING EXPRESS** Unleash your power in this 45-minute high-energy class that combines martial arts with fast-paced cardio.
- **PILATES** 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. Based on deep diaphragmatic breathing techniques with precision and flow of physical movements, Pilates helps to increase muscle stamina and develop a strong foundation to rebalance the rest of the body.
- **POWERBAR PILATES** Where spy gadget meets sculpt lab! Full body sculpt with a resistance bar, low impact, high burn, and great vibes all around! Only 9 spots available per class
- **POWER STRETCH & BALANCE** This 30-minute class is a combination of yoga stretching and core work sure to improve your flexibility and balance.
- **PUMPED UP STRENGTH** Transform traditional resistance training by pairing foundational movement patterns with high-energy music to create a powerful, results-driven workout that builds lean muscle, boosts metabolism and makes strength training fun!
- **SILVER SNEAKERS CLASSIC** Silver Sneakers is a fun, energizing program that helps older adults take control of their health by encouraging physical activity.
- **SILVER SNEAKERS WELL-BALANCED** Increase strength, flexibility, and balance to stay strong and steady on your feet. Build confidence through fall prevention education, fitness assessments and chair-supported movement. 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.
- **STEP & STRENGTH** This one-hour class is a chance to have so much fun that you forget you are exercising! Learn fun choreography on the step, while taking time to get in some strength in intervals.
- **STRETCH & RESET** A quick, feel-good 30-minute session designed to loosen tight muscles, improve mobility, and help your body recover. Expect simple, guided stretches that target key areas like hips, hamstrings, back, and shoulders. Perfect as a post-workout cooldown - walk in tight, walk out lighter.
- **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** Yoga builds a strong body, mind and spirit. 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** Seated, stretching and modified standing yoga class that helps 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.

