Fitness Class Schedule (August 31 - January 2) Revised 11/13/26

	Monday					Tuesday				Wednesday				
	Power Studio	**Mindful Studio**	**Cycle**	**Community Stage**	**Activity Pool**	**Power Studio**	**Mindful Studio**	**Cycle**	**Activity Pool**	**Power Studio**	**Mindful Studio**	**Cycle**	**Community Stage**	**Activity Pool**
5:15 a.m.			Cycle JB				Strength Kathryn					Cycle JB		
6:00 a.m.	UpBeat Lift Lauren M	High/Low Audrey/Laura			Shallow Aerobics DeAnna	UpBeat Lift Halley		Cycle Marilyn	Aqua Zumba Karen	Strength Leslie	High Fitness Bridgett			Shallow Aerobics DeAnna
7:00 a.m.					Aqua HIIT Renae	UpBeat Pilates Makelle								
8:00 a.m.							Lunar Flow Yoga Mindy			Kickboxing (8:30am) Megan L	Barre (8:15am) Shey			
9:30 a.m.	UpBeat Barre Katie	Sculpt & Stretch Jackie Zumba Cassie (BBall Court)	Cycle Lacee	Tai Chi 60+ Vinetta	Aqua Zumba Tami	Strength Sarah	Strength Emily High Fitness Liz (BBall Court)	Cycle Lindsey C	FitCity Splash Renae	Strength Megan L	UJAM Nicole	Cycle Anita	Tai Chi 60+ Vinetta	Aqua Zumba (9:00am) Michelle
10:30 a.m.	Surge Strength Teasha	Gentle Yoga Shenole		DanceFit Dana		Silver Sneakers (10:45am) Nancy	Yogalates Emily			Zumba Tina	Mat Pilates Shantelle			
11:30 a.m.										Tai Chi Nikki			Line Dancing 60+ (11:00am) Dana	
4:30 p.m.	Kids Yoga (5-10 years old) Kiery					Kids Zumba JR (4-7 years) Tami								
6:00 p.m.														
7:00 p.m.	High Fitness Shelby	UpBeat Pilates Jackie				Zumba Kat	Strength Marissa	Cycle Heather		UpBeat Pilates Liz				
8:15 p.m.	Tai Chi Nikki	Yoga DeAnna				UJAM (8:00pm) Sara	Yoga Restore Kiery			StepIt Strength (8:00pm) Monta	Sound Bath Shirley DeAnna			

Fitness Class Schedule (August 31 - January 2) Revised 11/13/26

	Thursday					Friday				Saturday				
	Power Studio	**Mindful Studio**	**Cycle**	**Community Stage**	**Activity Pool**	**Power Studio**	**Mindful Studio**	**Cycle**	**Activity Pool**	**Power Studio**	**Mindful Studio**	**Cycle**	**Community Stage**	**Activity Pool**
5:15 a.m.		Strength Kathryn						Cycle LeeAnn						
6:00 a.m.	Surge Strength Laura		Cycle Marilyn		Aqua HIIT Renae	Cardio Fuse Sharidan	Strength Tanner		Shallow Aerobics DeAnna					
7:00 a.m.	UpBeat Pilates Sydney					UpBeat Pilates Lauren M			Deep Water Aerobics Renae	Strength Training Shirley R	Power Pilates Teasha			
8:00 a.m.							Yoga Amber			Zumba Desree				Aqua HIIT Teasha
9:30 a.m.	Strength Sarah	UpBeat Lift Halley High Fitness Liz (BBall Gym)	Cycle Lindsey C		FitCity Splash Renae	Surge Fit Teasha	Zumba Megan H (BBall Court) Barre Shey	Cycle Karrissa	Aqua Zumba Desree	High Fitness (9:00am) Shelby	UpBeat Barre Mady	Cycle Sarah Karrissa		Aqua Zumba Tami
10:30 a.m.	Silver Sneakers (10:45am) Nancy	Yoga Phoebe				Mat Pilates Kati				Chair Yoga (10:00am) Marci				
4:30 p.m.	Zumba Kids (7-11 years old) Tina													
6:00 p.m.	Adaptive Strength & Movement (Ages 14+) Lauren S													
7:00 p.m.	Zumba Kat	Strength Marissa	Cycle Heather											
8:15 p.m.	Cardio Fuse (8:00pm) Halley	Gentle Yoga Shenole												