



Group Fitness Class Schedule

June 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	 Run/Walk Conditioning 5:15-6:15am Tracey	Run/Walk Conditioning 6:00-6:50am Jorie	 5:15-6:15am Tracey	Run/Walk Conditioning 6:00-6:50am Jorie		
	Interval Training 6:30-7:20am Lauren	Cycle 6:15-7:15am Deb	Interval Training 6:30-7:20am Tracey	Cycle 6:15-7:15am Danielle		
Forever Fit 7:30-8:45am Nancy	Step Class 8:00-8:50am Tristen	Forever Fit 7:30-8:45am Danielle	Step Class 8:00-8:50am Tristen	Forever Fit 7:30-8:45am Nancy		
 Barre 8:00-8:50am Danielle	 Hatha Yoga 8:00-8:50am Colleen D.	 Pilates 8:00-8:50am Karin	 Hatha Yoga 8:00-8:50am Colleen D.	SOULBODY RESTORE 8:00-8:50am Tracey	 Pilates 8:00-8:50am Karin	 8:00-9:00am Rachel
HIIT 9:00-10:00am Alex	Strength & Stretch 9:00-10:00am Amy	Kickboxing 9:00-10:00am Scotti	Strength & Stretch 9:00-10:00am Amy	HIIT 9:00-10:00am Alex	Cycle 8:15-9:15am Jennifer/Hillary	Vinyasa FlowYoga 9:30-10:45am Peggy
 10:15-11:15am Kaitlyn	Zumba® 10:15-11:15am Maggie	 10:15-11:15 Tristen	Zumba® 10:15-11:15am Lisa	Strength & Stretch 10:15-11:15am Amy	 9:30-10:20am Lauren, Tracey, Rachel, Sarah	Triple Threat 11:00-11:50am Peggy
	 Barre Strength 11:00-11:50am Alex/Amy	 Pilates Level II 11:00-11:50am Karin	 Barre Strength 11:00-11:50am Alex	 Vinyasa Flow 11:00-11:50am Lauren	Zumba® 10:30-11:20am Lisa	
Cycle 12:00-12:50pm Tara, Deb	 Chair Yoga 12:00-12:45pm Colleen D.		Strength Training 12:00-12:50pm Amy	Cycle 12:00-12:50pm Tara, Kaitlyn, Jenn,	 11:30am-12:30pm Kat	
		 Core & Restore 1:00-2:00pm Alex			 Please Scan for Class Descriptions	
 4:30-5:30pm Lauren	Tabata 5:00-5:45pm Kat	 4:30-5:30pm Rachel	Tabata 5:00-5:45pm Cara	Zumba® 4:30-5:20pm Lauren		
 Pilates 5:00-5:50pm Karin	 Yoga Sculpt 6:00-6:50pm Holly	 6:00-6:50pm Mary	 Yoga Sculpt 6:00-6:50pm Holly	 Yoga Stretch 5:30-6:30pm Colleen D.		
 6:00-6:50pm Lisa	Cycle 7:00-7:50pm Hillary	Zumba® 7:00-7:50pm Angie	Cycle 7:00-7:50pm Jennifer			
Zumba® 7:00-7:50pm Maggie						

*** Indicates a \$9 drop in fee for this class (annual passholders attend free)**

Classes shaded in gray will meet in the Multi-purpose Room.

*** Please note, the times, formats, and instructors listed are subject to change on a monthly basis.**