

GROUP EXERCISE SCHEDULE

MONDAY

Straight Up Strength

8:00–8:55am

Kelly

Tabata

NEW CLASS

9:00–9:55am

Johanna

Cardio Combo

10:30–11:25am

Jeannie

*Gentle Yoga

11:30am–12:25pm

Gina

Barbell Strength

4:30–5:25pm

Erika

Jelly Bellies

5:30–6:00pm

Erika

Fat Burner Step

6:00–6:55pm

Jan

NEW CLASS
—Limited Time Only—

Pilates Mat

7:00–7:55pm

Mary Jo

TUESDAY

Cardio Hoop

& Strength

8:00–8:55am

Kelly

Total Fitness

8:30–9:20am

Johanna

Morning Aerobics

9:30am–10:25am

Christa

ZUMBA

5:00–5:55pm

Melissa/Gina

NEW CLASSES
—Limited Time Only—

Pilates Ball/Roller*

6:00–6:55pm

Mary Jo

Strong*

6:00–6:55pm

Melissa

*classes alternate
every other week

WEDNESDAY

Cardio Sculpt

& Burn

9:00–10:10am

Johanna

*Fitness Yoga

10:30–11:25am

Connie

Warrior Sculpt

NEW CLASS

5:10–5:55pm

Christa

Buns & Guns

6:00–6:55pm

Erika

Power Cycle

NEW CLASS

7:00–7:55pm

Erika

*Flu Yoga

7:00–7:50pm

Terri

THURSDAY

Light &

Healthy Moves

7:45–8:25am

Gina

Tabata

8:30–9:20am

Kelly

Cycling

9:00–10:00am

Johanna

Cardio Combo

9:30am–10:25am

Jeannie

Epic Kick

NEW CLASS

5:10–5:55pm

Christa

*Gloves recommended

Zumba Toning

6:00–6:55pm

Melissa

*Fitness Yoga

7:00–7:55pm

Kathleen

FRIDAY

Cycling

6:00–6:45am

Colleen

Cycle/

NEW CLASS

Strength-30/30

8:00–8:55am

Kelly

*Booty Barre

9:00–9:55am

Johanna

Instructors Choice

9:00–9:55am

Alternating Instructors

*Fitness Yoga

10:00–10:55am

Cheryl

ZUMBA

5:30–6:25pm

Melissa

SATURDAY

Buns & Guns

8:00–8:55am

Erika

ZUMBA

9:00–9:55am

Melissa

Power Up Cycling

9:00–9:55am

Dee

SUNDAY

Cycle

8:20–9:10am

Christa

*Please note: Highlighted classes are an 8-10 week fee based program class (not included with Sportsplex membership). Register for these classes at Sportsplex.

Exercise Schedule subject to change without notice.