

Fitness Class Schedule (August 31 - January 2) Revised 8/7/26

	Monday					Tuesday					Wednesday				
	Power Studio	Mindful Studio	Cycle	Community Stage	Activity Pool	Power Studio	Mindful Studio	Cycle	Community Stage	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 Ashley			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.							Yoga Mindy				Kickboxing (8:15am) Megan	Barre (8:15am) Shey			
9:30 a.m.	UpBeat Barre Katie	Sculpt & Stretch Jackie Zumba Cassie (BBall Court)	Cycle Lacee	Tai Chi 60+ Ron	Aqua Zumba Michelle W	Strength Sarah	Strength Emily High Fitness Liz (BBall Court)	Cycle Lindsey C		FitCity Splash Renae	Strength Megan	UJAM Nicole	Cycle Anita	Tai Chi 60+ Ron	Aqua Zumba (9:00am) Michelle
10:30 a.m.	Surge Strength Teasha	Gentle Yoga Shenole		DanceFit Dana		Silver Sneakers (10:45am) Nancy	Mat Pilates Shantelle				Zumba Michelle W	Yoga Emily			
11:30 a.m.											Tai Chi Vinetta			Line Dancing 60+ (11:00am) Dana	
4:30 p.m.	Kids Yoga (5-10 years old) Kierly					Kids Zumba JR (4-7 years) Tami									
5:00 p.m.															
6:00 p.m.						All-Ability Strength & Movement (Ages 14+) Lauren S									
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	Sound Bath Shirley				Steplit Strength (8:00pm) Monta	Yoga Restore DeAnna			

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