

GROUP FITNESS SCHEDULE STUDIO

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:50-8:30A STRONG HIIT JAN	7:45-8:30A ZUMBA JULIE	7:50-8:30A STRONG HIIT TAMMIE	7:45-8:30A ZUMBA JULIE	7:50-8:30A STRONG HIIT TAMMIE	
8:45-9:30A ZUMBA JULIE	8:45-9:30A PILATES + STRENGTH FUSION JOAN	8:45-9:30A ZUMBA JULIE	8:45-9:30A PILATES + STRENGTH FUSION JOAN		8:30-9:15A CARDIO PUMP CAROLYN
9:45-10:30A ZUMBA LITE JULIE	9:45-10:30A TAI CHI MARY	9:45-10:30A ZUMBA LITE JULIE	9:45-10:30A TAI CHI MARY		9:30-10:30A ZUMBA ANDREA
	11:15A-12:15P SILVER SNEAKERS CLASSIC SHARON		11:15A-12:15P SILVER SNEAKERS CLASSIC SHARON		
4:30-5:15P ZUMBA JULIE	5:00-6:00P YOGA MERIDEN	4:30-5:15P ZUMBA JULIE	5:00-6:00P YOGA MERIDEN		
5:30-6:30P CARDIO KICKBOXING KARLA	6:15-7:15P ZUMBA SCULPT JENNIFER	5:30-6:30P CARDIO KICKBOXING KARLA	6:15-7:15P ZUMBA SCULPT JENNIFER		

GROUP FITNESS SCHEDULE

MULTIPURPOSE ROOM

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		6:00-6:45A POWER SPIN JAN		6:00-6:45A POWER SPIN JAN
	7:50-8:35A CYCLING JULI		7:50-8:35A CYCLING JULI	
8:40-9:10A STRENGTH TRAINING ALAINA	8:45-9:45A CORE CARDIO ALAINA	8:40-9:10A STRENGTH TRAINING ALAINA	8:45-9:45A CORE CARDIO ALAINA	8:40-9:10A STRENGTH TRAINING ALAINA
9:10-9:40A CORE BALANCE ALAINA		9:10-9:40A CORE BALANCE ALAINA		9:10-9:40A CORE BALANCE ALAINA
10:15-11:00A SILVER SNEAKERS FLEX SHARON		10:15-11:00A SILVER SNEAKERS FLEX CINDY		10:15-11:00A SILVER SNEAKERS FLEX CINDY

CLASS DESCRIPTIONS

Cardio Kickboxing-Cardio Kickboxing emphasizes kickboxing combinations and techniques designed to improve cardiovascular fitness and flexibility.

Cardio Pump-This is a mix of high and low intensity cardio performed in an interval format. Also includes core exercises.

Core Balance-An interval training class that focuses on the core using different functional movements.

Core Cardio-A combination of core and cardio work that will teach you how to use your core more efficiently for daily activities.

Cycling-High intensity cycling class that takes the rider through varied tempos to include sprints and climbs.

Pilates + Strength Fusion-Experience the perfect blend of mindful movement and muscle-building in our Pilates + Strength Fusion class. This dynamic workout combines the core-strengthening, flexibility-enhancing principles of Pilates with targeted strength training exercises. Expect a balanced session that improves posture, increases stability, and builds lean muscle. This class will leave you feeling strong, centered, and energized.

Power Spin-Indoor cycling class uses high intensity intervals to shred fat and blast calories.

Strong HIIT-This is High Intensity Interval Training (HIIT) and uses a combination of strength training, functional training, and core/cardio intervals.

Tai Chi-Class combines gentle exercises with stretching and mindfulness. Designed to improve balance, fitness and flexibility.

Yoga-Movement to improve flexibility and balance while also developing breathing and relaxation techniques.

Zumba-Zumba is a fusion of Latin and international dance rhythms along with interval and resistance training. It is a mixture of body sculpting movement with dance steps, making it a fun way to move.

Zumba Lite-This class features the same music and steps as regular Zumba, but incorporates minimal dance instruction and rest between songs.

Zumba Sculpt-Combines targeted body sculpting exercises and high energy cardio work with Zumba moves to create a fun workout.

Silver Sneakers Classic-Focuses on strengthening muscles and increasing range of motion for daily life activities. I chair is used for seated exercise and standing support.

Silver Sneakers Flex-Focuses on balance, flexibility, and mobility to help increase range of motion for daily living.