



GROUP EXERCISE CLASS SCHEDULE

Subject to change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-8:45am (2) Total Body Jeanine	9:30-10:15am (2) Barre Strong Leah	8-8:45am (2) Total Body Sculpt Jeanine	8:00-9:00AM (1) Yoga Strength and Flow Aimee		8:00-8:45am (2) Strength Interval Donna	8-9am (1) Morning Flow Elizabeth C
		9-10am (1) Yoga Flow & Fascia Stretch Karima	9:30-10:15 AM (2) Low Impact Interval Training (Wendy)	9-10am (1) Vinyasa Yoga Aimee	9-10am (1) Yoga Flow & Fascia Stretch Karima	
10-11am (2) Kripalu Yoga Sheri		10-10:45am (1) Pilates Mat Rachel	10:15-11am (2) Barre Fusion Wendy	10-10:45am (2) Dynamic Core Wendy	10-10:45am (2) DanceX** Elizabeth	10:15-11:30am (1) Yoga Flow & Fascia Stretch Karima
11-11:45am (2) Balance & Flexibility Donna	10:15-11:00am (2) Strength and Core Leah	10-11am (2) Kripalu Sheri	11-11:45am (2) Pilates Mat Rachel	10:45-11:30am (2) Low Impact Interval Training Wendy		
	11-11:45am (2) Pilates Mat Rachel	11-11:45am (2) Move & Sculpt Wendy			11-12pm (2) Vinyasa Yoga Nissa	
5:30-6:15pm (1) Funky Groove Kelly	5-6pm (1) Stretch and Flow Kim	11:45 - 12:30pm (2) Barre Fusion* Wendy				
6:30-7:30pm (1) Stretch and Flow Kim	6:15-7:00pm (1) Gentle Yoga Kim	5:30-6:15pm (1) Funky Groove Kelly	6:15-7:30pm (1) YinYoga Karima		<p>NOTES: Tuesday Gentle Yoga now starts at 6:15pm</p> <p style="text-align: right;">4/27/2026 Effective April 26, 2026</p>	
6:30-7:30pm (2) Dance Fusion Fahreen	6:30-7:30pm (2) Bolly X Rajani		6:30-7:30pm (2) Bolly X Rajani			

