



Buffalo Group Fitness Schedule WINTER 2025/2026

December 1, 2025

Club Hours: Monday to Thursday 5:00am to 11:00pm, Friday 5:00am to 10:00pm Saturday & Sunday 6:00am to 9:00pm
Kids Club Hours: Monday thru Saturday 8:00am to 1:30pm, Monday thru Thursday 4:00pm to 8:30pm, Friday 4:00pm to 8:00pm

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am		Body Pump EXP®-GX1 Kath S (5:10)	Spynergy – GX2 Nancy B	Body Pump EXP® -GX1 Kath S (5:10)			
6:15am					<i>Burns & Bands-GX1</i> Ella G		
7:00 OR 7:15am					Step Aerobics-GX1 (7:15)Polly C	(7:00) Body Pump® GX1 Kath S	
8:15am	Cardio Drumming-GX1 Erin M	Silver Soul -GX1 Jami W/Polly C	Dance Jam -GX1 Cari S	Silver Soul- GX1 Polly C	Soul Strength – GX1 Tina A		
8:30am	Spynergy – GX2 Tina A		Spynergy – GX2 Tina A			<i>Yoga Flow GX1</i> Polly C	
9:00am POOL	Aqua Zumba Deb L	Aqua Tabata Heather H	Aqua Barre Heather K	Aqua Tabata Heather K	Aqua Circuit Heather M		
9:15am	Body Pump® - GX1 Janet W	Hatha Yoga – GX1 Jami W	Body Pump® - GX1 Janet W	Cardio Dance- GX1 Stephainie G	Body Pump® - GX1 Susie S		
10:15am		BarreFusion-GX1 (10:10)Heather M					
10:30am	<i>Qigong – GX1</i> Nate K		Golden Yoga -GX1 Janine K		Barre Balance -GX1 Susie S		
11:00am		SS Circuit -GX1 Heather K		Mat Pilates -GX1 Jami W SS Classic -GX2 Heather K			
12:00pm	PIYo Live 45 -GX1 Michelle E	Body Pump EXP® -GX1 Michelle E	Yoga Flow -GX1 Janine K	Body Pump EXP® -GX1 Michelle E			
4:30pm	<i>Mat Pilates – GX1</i> Jami W	<i>Amp'd Up Arms & Abs- GX1</i> Beth S	Mobility/Core EXP-GX1 Jami/Susie S	<i>Step EXP - GX1</i> Polly C Aqua Circuit EXP-Pool Jen D	<i>HIIT EXP - GX1</i> Jenni A		<i>Sunday Strength-GX1</i> Beth/Heather/Raelynn
5:15pm	Yoga Flow -GX1 Jami W	Butz & Gutz - GX1 Beth S	TBC - GX1 Jami W	MIXX -GX1 Jen D			
5:30pm	Aqua Circuit -Pool Jen D						
6:15pm	Body Pump® - GX1 Heather M	BARRE - GX1 Jen S	<i>Metabolic Reset - GX1</i> Heather M	<i>Yoga Flow- GX1</i> Polly C			

Comments or Questions contact GX Director, Heather Moseley Heather@fitevomn.com

*NOTE: Schedule is subject to change with short notice due to low attendance or inclement weather conditions.