

GROUP FITNESS

Week of 4/14/25

Monday 14

9:00-9:45am B *Spin Zone 1-4 - Sara

9:15-10:15am A Cardio & Weights

Intervals - Maki

5:30-6:30pm A Werq and Core -

Rachel

6:30-7:30pm A Body Conditioning -

Maki

Thursday 17

6:00-7:00am A Body Conditioning

plus Lynn

9:15-10:15am A 3 - 2 - 1 Patty

11:15-12:00pm A Cardio-Combo

Andy

5:30-6:30pm A TRX Jenny

6:30-7:15pm B *Spin Zone 1-4 Kari

Tuesday 15

9:15-10:15am A Cardio-mix - Patty

6:00-7:00pm A Body Conditioning

plus - Lynn

Friday 18

6:00-6:45am B *Spin Zone 2-4 Gary

9:15-10:00am A Cardio Kickboxing

Jenny

Wednesday 16

9:15-10:00am A Zumba - Andrea

9:00-9:45am B *Spin Zone 2-4 -

Sara

10:15-11:15am A Body Conditioning

Devra

5:30-6:30pm A Werq! - Breanna

6:30-7:30pm A Body Conditioning

Breanna

Saturday 19

9:00-9:45am B *Spin Zone 2/4

Interval - Sandy

9:15-10:15am A Werq! Rachel

10:30-11:30am A Body Conditioning

<aki

Sunday 20

8:00-9:00am A TRX Lynn

9:15-10:00am A HIIT Maki

9:00-9:45am B *Spin

Zone 2-4 Connie

10:30-11:30am A Zumba Miki

** Notes a substitute

Classes in bold, all students must sign up on our app or thru the service center to save your spot.

Studio B - All Spin classes are held here.

Studio A - Everything other than Spinning is held here.

**Easter
Club Hours
8am-2pm**