

Group Fitness

September 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 LABOR DAY <u>*NO Classes today*</u> Enjoy your holiday!	2 5:15 HIIT KW 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP TS 7:30 ZUMBA Sandra	3 5:15 BODYPUMP Angel 7:00 BODYPUMP Angel 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 BARRE SI 12:00 Pilates KP 5:15 BARRE CD 6:15 HIIT JM	4 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 11:00 Booty Burn TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Rob	5 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP CC	6 8:30 Yoga TA 9:45 BODYPUMP Angel 11:00 ZUMBA Laurie
7 1:30 Zumba Rob	8 5:15 BODYPUMP Angel 7:00 BODYPUMP KF 9:15 HIIT JM 10:15 Core Flex TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM	9 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP TS 7:30 ZUMBA Rob	10 5:15 BODYPUMP SL 7:00 BODYPUMP SL 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 BARRE SI 12:00 Pilates TS 5:15 BARRE CD 6:15 HIIT JM	11 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 11:00 Booty Burn TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Sandra	12 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP CC	13 8:30 Yoga TA 9:45 BODYPUMP MH 11:00 ZUMBA Sarah
14 1:30 Zumba Laurie	15 5:15 BODYPUMP Angel 7:00 BODYPUMP KF 9:15 HIIT JM 10:15 Core Flex TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM	16 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Sarah	17 5:15 BODYPUMP Angel 7:00 BODYPUMP Angel 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 BARRE SI 12:00 Pilates KP 5:15 BARRE SI 6:15 HIIT JM	18 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 11:00 Booty Burn SI 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Rob	19 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT KW 10:15 BARRE SI 12:00 BODYPUMP CC	20 8:30 Yoga TA 9:45 Launching BODYPUMP 133 with BP Instructor team 11:00 ZUMBA Shanika
21 1:30 Zumba Sandra	22 5:15 BODYPUMP Angel 7:00 BODYPUMP KF 9:15 HIIT JM 10:15 Core Flex TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM	23 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sandra	24 5:15 BODYPUMP SL 7:00 BODYPUMP SL 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 BARRE SI 12:00 Pilates TS 5:15 BARRE CD 6:15 HIIT JM	25 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 11:00 Booty Burn SI 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Rob	26 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP CC	27 8:30 Yoga TA 9:45 BODYPUMP CC 11:00 ZUMBA Rob
28 1:30 Zumba Sarah	29 5:15 BODYPUMP Angel 7:00 BODYPUMP KF 9:15 HIIT JM 10:15 Core Flex TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM	30 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sandra	TA Tara Absher CD Cate Davis SL Stacey Lockman MM Mary Masius KM Kim McMurray JM Jamie Moon KP Katie Propst TS Tamsey Smith Angel Angel Stoy Shanika Shanika Macklemore	Angel Angel Stoy RC Rob Cox LF Laurie Flora SA Sarah Avett MH Madeleine Harris CC Cindy Carlton SC Sandra Cox KW Katie Williams KF Kelsey Floyd SI Summer Isenhour		