

Group Fitness

June 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1) 5:15 BODYPUMP Angel 700 BODYPUMP SL 9:15 BARRE/Pilates TS 10:30 Core Conditioning TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM 7:00 Full Body Mobility JM	2) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sandra	3) 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 KP 5:15 BARRE SI 6:15 HIIT JM 7:00 Full Body Mobility JM	4) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP *4:15 Pilates SI 5:15 Yoga TA 6:15 BODYPUMP MH 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 HEAVY With BP instructor team 11:00 ZUMBA Sandra
7 1:30 Zumba Sarah	8) 5:15 BODYPUMP Angel 700 BODYPUMP SL 9:15 BARRE/Pilates TS 10:30 Core Conditioning TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM 7:00 Full Body Mobility JM	9) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Rob	10) 5:15 BP Heavy Angel 7:00 BP Heavy Angel 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 7:00 Full Body Mobility JM	11) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP *4:15 Pilates TS 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 CC 11:00 ZUMBA Laurie
14 1:30 Zumba Laurie	15) 5:15 BODYPUMP Angel 700 BODYPUMP SL 9:15 BARRE/Pilates TS 10:30 Core Conditioning TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM 7:00 Full Body Mobility JM	16) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Sarah	17) 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 KP 5:15 BARRE CD 6:15 HIIT JM 7:00 Full Body Mobility JM	18) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP *4:15 Pilates KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Rob	19 5:15 BODYPUMP Angel 7:00 BODYPUMP KW 9:15 HIIT TS 10:15 BARRE SI 12:00 BODYPUMP CC	20 8:30 Yoga TA 9:45 BODYPUMP HEAVY With BP instructor team 11:00 ZUMBA Sarah
21 Happy Father's Day! <u>*NO Class today*</u>	22) 5:15 BODYPUMP Angel 700 BODYPUMP CC 9:15 BARRE/Pilates TS 10:30 Core Conditioning TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM 7:00 Full Body Mobility JM	23) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Rob	24) 5:15 BP Heavy Angel 7:00 BP Heavy Angel 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 7:00 Full Body Mobility JM	25) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP *4:15 Pilates SI 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Sarah	26 5:15 BODYPUMP Angel 7:00 BODYPUMP KW 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP TS	27 8:30 Yoga TA 9:45 BODYPUMP Angel 11:00 ZUMBA Rob
28 1:30 Zumba Sandra	29) 5:15 BODYPUMP Angel 700 BODYPUMP SL 9:15 BARRE/Pilates KP *NO 10:30 Class today* 12:00 BODYPUMP Angel 5:15 BARRE SI 6:15 HIIT JM 7:00 Full Body Mobility JM	30) 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates KP 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Rob		TA Tara Absher CD Cate Davis SL Stacey Lockman MM Mary Masius JM Jamie Moon KP Katie Propst TS Tamsey Smith Angel Angel Stoy Shanika Shanika McLemore	SI Summer Isenhour RC Rob Cox LF Laurie Flora SA Sarah Avett MH Madeleine Harris CC Cindy Carlton SC Sandra Cox KW Katie Williams	