

Group Fitness

July 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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		1) 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	2) 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 Shanika	3 5:15 BODYPUMP SL 7:00 <u>BP HEAVY</u> KW 9:15 HIIT TS 10:15 BARRE KP <i>*NO 12:00 Class today*</i>	4 Happy Fourth of July! 8:30 Yoga TA 9:45 BODYPUMP HEAVY With BP instructor team 11:00 ZUMBA Shanika
5 1:30 Zumba Shanika	6 5:15 <u>BP HEAVY</u> 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	7 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 Sarah	8) 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 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 Booty Burn TS 12:00 BARRE KP *4:15 Pilates KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Shanika	10 5:15 BODYPUMP SL 7:00 <u>BP HEAVY</u> KW 9:15 HIIT LF 10:15 BARRE KP 12:00 BODYPUMP CC	11 8:30 Yoga TA 9:45 BODYPUMP MH 11:00 ZUMBA Laurie
12 1:30 Zumba Laurie	13 5:15 <u>BP HEAVY</u> Angel 700 BODYPUMP SL 9:15 BARRE/Pilates KP 10:30 Core Conditioning Cat 12:00 BODYPUMP Angel 5:15 BARRE SI 6:15 HIIT JM 7:00 Full Body Mobility JM	14 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 Sandra	15) 5:15 BODYPUMP SL 7:00 BODYPUMP SL 9:00 Full Body Mobility Angel 9:15 HIIT Angel 10:15 BARRE SI 12:00 Pilates KP 5:15 BARRE CD 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 Booty Burn SI 12:00 BARRE KP *4:15 Pilates SI 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Rob	17 5:15 BODYPUMP SL 7:00 <u>BP HEAVY</u> KW 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP CC	18 8:30 Yoga TA 9:45 Launching BODYPUMP 137 with BP Instructor team 11:00 ZUMBA Sarah
19 1:30 Zumba Rob	20 5:15 <u>BP HEAVY</u> 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	21 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	22) 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 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 Booty Burn SI 12:00 BARRE KP *4:15 Pilates TS 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Sarah	24 5:15 BODYPUMP SL 7:00 <u>BP HEAVY</u> KW 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP TS	25 8:30 Yoga TA 9:45 BODYPUMP Angel 11:00 ZUMBA Rob
26 1:30 Zumba Laurie	27 5:15 <u>BP HEAVY</u> 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	28 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	29) 5:15 BODYPUMP SL 7:00 BODYPUMP SL 9:00 Full Body Mobility Angel 9:15 HIIT Angel 10:15 BARRE SI 12:00 Pilates KP 5:15 BARRE CD 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 Booty Burn SI 12:00 BARRE KP *4:15 Pilates KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Rob	31 5:15 BODYPUMP SL 7:00 <u>BP HEAVY</u> KW 9:15 HIIT Angel 10:15 BARRE SI 12:00 BODYPUMP CC	