

Group Fitness

August 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 8:30 Yoga TA 9:45 BODYPUMP CC 11:00 ZUMBA Sarah
2 1:30 Zumba Rob	3) 5:15 <u>BP HEAVY</u> Angel 700 BODYPUMP SL 9:15 BARRE/Pilates KP 10:30 Core Conditioning Cat 12:00 BODYPUMP CC 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 Pilates KP 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sandra	5) 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	6) 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 MH 7:30 ZUMBA Shanika	7 5:15 BODYPUMP SL 7:00 <u>BP HEAVY</u> KW 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP CC	8 8:30 Yoga TA 9:45 BODYPUMP KW <u>*NO 11:00 Class today*</u>
9 <u>*NO Class today*</u>	10) 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 SL <u>*NO 7:00 Class today*</u>	11) 5:15 HIIT KW 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 Rob	12) 5:15 BODYPUMP Angel 7:00 <u>BP HEAVY</u> 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	13) 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 Sandra	14 5:15 BODYPUMP SL 7:00 <u>BP HEAVY</u> KW 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP CC	15 8:30 Yoga TA 9:45 BODYPUMP MH 11:00 ZUMBA Laurie
16 1:30 Zumba Sarah	17) 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	18) 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	19) 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	20) 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	21 5:15 BODYPUMP SL 7:00 <u>BP HEAVY</u> KW 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP CC	22 8:30 Yoga TA 9:45 BODYPUMP CC 11:00 ZUMBA Rob
23 1:30 Zumba Laurie	24) 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	25) 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	26) 5:15 BODYPUMP Angel 7:00 <u>BP HEAVY</u> 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	27) 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	28 5:15 BODYPUMP SL 7:00 <u>BP HEAVY</u> KW 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP CC	29 8:30 Yoga TA 9:45 BODYPUMP Angel 11:00 ZUMBA Laurie
30 1:30 Zumba Rob	31) 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		TA Tara Absher CD Cate Davis SL Stacey Lockman MM Mary Masius JM Jamie Moon KP Katie Propst TS Tamsey Smith Angel Angel Stoy	SI Summer Isenhour RC Rob Cox LF Laurie Flora SA Sarah Avett MH Madeleine Harris CC Cindy Carlton SC Sandra Cox	KW Katie Williams Shanika Shanika McLemore	