

Group Fitness

September 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 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	2) 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 *7:15 <u>Pilates</u> SI	3) 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 Rob	4 5:15 BODYPUMP SL 7:00 <u>BP HEAVY</u> KW 9:15 <u>ZUMBA</u> Sarah 10:15 BARRE SI 12:00 BODYPUMP CC	5 8:30 Yoga TA 9:45 BODYPUMP CC 11:00 ZUMBA Sarah
6 1:30 Zumba Shanika	7 Happy Labor Day! (limited holiday schedule) 9:15 BARRE/Pilates SI 12:00 BODYPUMP CC	8 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 Sarah	9) 5:15 BODYPUMP SL 7:00 BODYPUMP SL 9:00 Full Body Mobility JM 9:15 HIIT JM 10:15 BARRE SI 12:00 Pilates KP 5:15 BARRE CD 6:15 HIIT JM *7:15 <u>Pilates</u> SI	10) 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 Sandra	11 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP CC	12 8:30 Yoga TA 9:45 BODYPUMP MH 11:00 ZUMBA Laurie
13 1:30 Zumba Sarah	14 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	15 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 TS 7:30 ZUMBA Rob	16) 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 *7:15 <u>Pilates</u> TS	17) 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 <u>Rhythm Rush Dance</u> Rob & Sandra	18 5:15 BODYPUMP SL 7:00 <u>BP HEAVY</u> KW 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP Angel	19 8:30 Yoga TA 9:45 <u>BP HEAVY</u> with BP Instructor team 11:00 ZUMBA Sarah
20 1:30 Zumba Laurie	21 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	22 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 Sandra	23) 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 *7:15 <u>Pilates</u> SI	24) 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 Rob	25 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT Angel 10:15 BARRE SI 12:00 BODYPUMP TS	26 8:30 Yoga TA 9:45 BODYPUMP Angel 11:00 ZUMBA Sandra
27 1:30 <u>Rhythm Rush Dance</u> with Rob & Sandra	28 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	29 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 <u>BP HEAVY</u> TS 7:30 ZUMBA Sandra	30) 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 *7:15 <u>Pilates</u> TS		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