Group Exercise Schedule

Effective: 11/1/2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength Circuit Fusion 5:30-6:15 am Maurice Main Studio	**RIDE Express** 5:15-6:00 am Tina A. Cycle Studio	**Interval Weight Training Fusion** 5:15-6:15 am JT Cycle Studio	**Bootcamp** 5:30-6:15 am Maurice Main Studio	**Party RIDE** 5:15-6:15 am Brian Cycle Studio	**Kettlebell Strength** 7:00-7:45 am Maurice Main Studio	**RIDE Express** 8:00-8:45 am Tina A. (2, 4) Rotation (1, 3, 5) Cycle Studio
Bike, Buff, & Balance 7:30-8:30 am Linda K. Cycle Studio	**Zone RIDE** 8:00-8:45 am John Cycle Studio	**Bike, Buff, & Balance** 7:30-8:25 am Chris Cycle Studio	**Slow Flow Yoga** 7:30-8:15 am Tina M. Mind Body Studio	**Bike, Buff, & Balance** 7:30-8:30 am Rhoni Cycle Studio	**Total Body Conditioning** 8:00-9:00 am Laura F. Main Studio	**Power Zone RIDE** 9:00-10:00 am Tina A. (2, 4) Rotation (1, 3, 5) Cycle Studio
Vinyasa Flow Yoga 8:30-9:30 am Debbie Mind Body Studio	**Vinyasa Flow Yoga**5:30-6:15 am Leslie Mind Body Studio	**Power Vinyasa** 8:30-9:30 am Cassie Main Studio	**Barre Fusion** 8:30-9:30 am Trish Mind Body Studio	**SWAY Sound Bath** 7:30-8:15 am Lindsey Mind Body Studio	**Ride Revolution** 8:00-9:00 am Rhoni (1, 3, 5) Jenkins (2, 4) Cycle Studio	**Slow Flow Yoga** 9:15-10:15 am Maricel Main Studio
Beyond Strong Express 8:35-9:20am Trish Main Studio	**Yin Yoga** 7:30-8:30 am Danene Mind Body Studio	**Performance RIDE** 9:30-10:30 am Laura F. Cycle Studio	**Fun Zone Ride** 8:30-9:30 am Steve Cycle Studio	**3-2-1 Fitness** 8:35-9:15 am Laura Main Studio	**Resistance Pilates** 8:30-9:30 am Linda B. Mind Body Studio	**POWER Pump** 10:30-11:30 am Angela S. Main Studio
Ballet Sculpt 9:30-10:30 am Trish Mind Body Studio	**Total Body Conditioning** 8:15-9:15 am Laura F. Main Studio	**Bootcamp** 9:45-10:30 am Eric S. Main Studio	**Senior Strong** 9:15-10:15 am Eric S. Mind Body Studio	**Power Zone RIDE** 8:45-9:45 am Ellorie Cycle Studio	**H2O Blast** 8:30-9:30 am Elaine (1, 4) Jennifer (2, 3) Lap Pool	
Cardio Mashup 9:30-10:30 am Carol Main Studio	**SWAY (Seated Weights & Yoga)** 9:15-10:15 am Cassie Gym Floor	**H2O Blast** 10:35-11:35 am Elaine Lap Pool	**Muscle Works** 9:35-10:20 am Trish Main Studio	**LaBlast – Zumba** 9:30-10:30 am Wei Main Studio	**Beyond Strong** 9:10-10:10 am Rhoni Main Studio	
Performance RIDE 9:30-10:30 am Laura F. Cycle Studio	**Muscle Works** 9:35-10:35 am Chris Main Studio	**Senior Strong** 10:45-11:30 am Eric S. Main Studio	**CIRCL Mobility** 10:20-10:30 am Trish Main Studio	**H2O Blast** 10:00-11:00 am Janet Lap Pool	**Vinyasa Flow** 9:35-10:35 am Linda B. Mind Body Studio	
H2O HIIT 10:35-11:35 am Trish Lap Pool	**H2O Blast** 10:00-11:00 am Susie Lap Pool	**Tai Chi** 11:35am-12:30pm Lisa Main Studio	**H2O HIIT** 10:35-11:35 am Trish Lap Pool	**Fitness in Motion** 10:35-11:35 am Kit Main Studio	**SWAY** 9:45-10:45 am Maricel (1, 3) Danene (2, 4, 5) Wellness Studio	
Fitness in Motion 10:35-11:35 am Kit Main Studio	**Slow Flow Yoga** 9:30-10:30 am Debbie Mind Body Studio *1st Tuesday is **Yoga Basics***	**POWER Pump** 5:30-6:30 pm Angela S. Main Studio	**RIDE Express** 5:15-6:00 pm Tina A. Cycle Studio	**Bootcamp** 12:00-12:45 pm Julius Main Studio	**Zumba** 10:15-11:15 am Angela W. Main Studio	
Senior Strong 2:00-2:45 pm Eric S. Main Studio	**Barre Sculpt Flow** 5:45-6:45 pm Ashleigh Main Studio	**Slow Flow Yoga** 5:30-6:30 pm Tina M. Mind Body Studio	**Pilates Fusion** 5:30-6:30 pm Ashleigh Mind Body Studio			
IGNITE Express Power Zone RIDE 5:15-6 pm Karen Cycle Studio	**Aqua Rhythm** 6:00-7:00 pm Tina M. Lap Pool		**Zumba** 6:30-7:30 pm Angela W. Main Studio			
Power Pump XL 5:30-6:30 pm JT Main Studio						

- Lap Pool
- Main Studio
- Cycle Studio
- Mind Body Studio
- Gym Floor
- Wellness Studio

Class Descriptions

AQUA

H2O Blast: This class combines elements of strength and cardio for a fun, invigorating workout in the lap pool.

H2O HIIT: A challenging workout that pushes you to reach your maximum intensity in a low-impact, high-fun environment.

Aqua Rhythm: A high-energy aqua class that will keep you moving and develop strength and cardio health.

MAIN STUDIO

3-2-1 Fitness: Get ready to move in this fast-paced, total-body workout. Each round includes 3 minutes of strength, 2 minutes of targeted cardio, and 1 minute of core work.

Barre Fusion: A dynamic and safe workout to challenge legs, core, glutes, and arms while enhancing balance and alignment.

Barre Sculpt Flow: Sculpt and tone your entire body by combining elements of yoga, barre, and strength training.

Beyond Strong: A fat-burning strength class that utilizes the five components of total well-being (physical, mental, social, intellectual, nutritional).

Bootcamp: An interval class that mixes bodyweight exercises with cardio and strength training. With a new workout every week, these classes are designed to push participants harder than ever.

Cardio Mashup: A fat burning workout that alternates weight training with cardio intervals.

CIRCL Mobility: A class that will unlock your body's potential through flexibility, breath work, and mobility exercises.

Fitness in Motion: A low-impact, cardiovascular workout with strength training.

Kettlebell Strength: A full-body workout focused on building power, stability, and functional strength through controlled progressions.

LaBlast: A partner-free, easy-to-follow fitness dance program that anyone could participate in and learn to dance while getting fit and having fun!

Muscle Works: This class will build strength using all studio props (bands, tubes, slides, steps, and free weights). Muscle tissue is built and joint integrity is enhanced.

POWER Pump: Strengthen your body with tried-and-true exercises. Squat, press, lunge, and curl using an adjustable barbell with plates and body weight.

Senior Strong: A senior strength class using resistance, light weights, and functional movements to build muscle, improve stability, and support safe, everyday mobility.

Strength Circuit Fusion: This class helps burn fat while building strength and endurance through circuit training, cardio, and bodyweight exercises, finishing with core work and stretching for a complete workout.

Tai Chi: Tai Chi is moving meditation; a gentle exercise series that creates harmony between the mind and body.

Total Body Conditioning (TBC): Multi-fitness level class that integrates segments of aerobic conditioning, strength training, and core development. Will challenge all fitness levels!

Zumba: A high-energy, calorie-burning dance workout set to Latin beats like Salsa, Mambo, Reggae, and Merengue. Fun, music-filled, and perfect for all fitness levels—no dance experience needed.

CYCLE STUDIO:

Bike-Buff-Balance (BBB): An interval workout that alternates cycle segments with a variety of resistance training exercises to challenge your heart, core, and all major muscle groups from start to finish!

IGNITE Power Zone Ride: Your class profile takes you through the blue and green zones with small detours into the yellow zone. Increase your aerobic fitness, stamina, and strength while incorporating the color zones.

Party RIDE: TGIF! Start your Friday off with this exhilarating, fitness party-like ride!

Performance RIDE: This class incorporates the three major energy zones of endurance, strength, and intervals.

Power Zone RIDE: Come for the fun, stay for the results. Power zone training is a method of intentional training based on watts output that is unique to you. It is a great tool to both improve and track your fitness over time.

RIDE Express: A 45-minute cycle class that focuses on improving your endurance and overall fitness as you take on steep climbs, rolling hills jumps, and flats to motivating music.

RIDE Revolution: Join the Revolution! Gear up each weekend for a new ride. Various modalities each weekend will enhance your low-impact cycle workouts.

MIND BODY STUDIO

Ballet Sculpt: A unique combination of basic ballet and strength training designed to create a full-body workout. No ballet experience needed.

Better Balance: Specific exercises are used to enhance balance, improve core strength, and improve stability.

Pilates Fusion: Incorporates exercises from different workout styles such as Pilates, Barre, and Yoga. The focus is on the core and emphasizes moves that will tone, stretch, balance, and elongate the muscles.

Resistance Pilates: This Pilates class features smooth, controlled movements to improve strength, flexibility, and mobility, with resistance props adding an extra challenge.

SWAY (Seated Weights & Mobility): This yoga practice uses a chair for seated poses and as a balance point for standing poses. Light weights are used for gentle sculpting exercises.

Yin Yoga: This slow-paced, passive-style yoga targets deep connective tissues. We will cultivate deeper internal awareness and practice being in the present moment.

Slow Flow Yoga: This is a mindful, Vinyasa practice that moves at a deliberately slower pace, holding poses to build strength, flexibility, and deeper body awareness.

Vinyasa Flow Yoga: An invigorating class designed to energize and refresh your body, building strength and increasing your balance and flexibility.

Please note that class times, formats, and instructors are subject to change at any time.