

## GFX STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45AM		<b>LES MILLS BODYPUMP</b> LEE		<b>LES MILLS BODYPUMP</b> VIRTUAL	<b>LES MILLS BODYFLOW</b> LEE	
8AM		<b>LES MILLS CORE</b> SANDY				
8:30AM	<b>LES MILLS BODYPUMP</b> 8:45 SANDY	<b>ZUMBA</b> 8:30 BONNIE	<b>LES MILLS BODYPUMP</b> 8:45 SANDY	<b>LES MILLS GRIT</b> STRENGTH 8:30 LISA	<b>LES MILLS BODYPUMP</b> 8:45 SANDY	
9:15AM	<b>PILATES</b> 9:50AM JULIE (45M)	<b>RESTORATIVE YOGA</b> 9:35 PAM	<b>PILATES</b> 9:50AM KIM D (45M)	<b>RESTORATIVE YOGA</b> 9:35 PAM	<b>PILATES</b> 9:50AM JULIE (45M)	<b>LES MILLS BODYPUMP</b> 9:15AM LESLIE/LEE
10:20AM	<b>SILVER SNEAKERS</b> YOGA 10:45 TERRI	<b>SILVER SNEAKERS</b> 10:45 SANDY	<b>SILVER SNEAKERS</b> 10:45 SYBIL	<b>SILVER SNEAKERS</b> 10:45 SHERRY	<b>CHAIR YOGA</b> 10:45 BONNIE	<b>LES MILLS PILATES</b> 10:20AM LESLIE
5PM	<b>BUTTS</b> AUDREA	<b>CORE!</b> AUDREA		<b>LES MILLS BODYPUMP</b> LESLIE		<b>Club Jam</b> 11:05AM BRITTANY
5:30 PM	<b>Club Jam</b> JEREMY/ BRITTANY	<b>Club Jam</b> CARLEE	<b>LES MILLS CORE</b> JOAN (30)			
6:20PM	<b>GYM YOGA</b> GERRY	<b>YOGA</b> JUSTIN				



## BLUE ROOM

	MON	TUES	WED	THU	FRI	SAT
5 AM	<b>FITCAMP</b> TRAVIS/ CHRIS	<b>CARDIO BLAST</b> CHRIS	<b>FITCAMP</b> TRAVIS	<b>CARDIO BLAST</b> CHRIS	<b>FITCAMP</b> TRAVIS	
8:50AM	<b>Strength Total Body</b> APRIL	<b>LES MILLS GRIT</b> CARDIO 8:50 LISA	<b>Strength LOWER</b> APRIL	<b>CARDIO BLAST</b> APRIL	<b>Strength ARMS/CORE</b> APRIL	<b>FatBlast Total Body</b> STAFF
12:10PM	<b>FatBlast 45</b> UPPER ELIZABETH	<b>Kettlebell Strength &amp; Conditioning 45</b> KENDRA	<b>FatBlast 45</b> LOWER ELIZABETH	<b>FatBlast 45</b> CARDIO KELLI	<b>FatBlast 45</b> ARMS/CORE APRIL	
5PM				<b>CORE!</b> AUDREA		
5:30PM	<b>Strength UPPER</b> STAFF	<b>CARDIO BLAST</b> AUDREA	<b>Strength LOWER</b> STAFF	<b>CARDIO BLAST</b> KELLI		

## POOL CLASSES

	MON	TUE	WED	TH	FRI
9AM	<b>AQUA TABATA</b> SHERRY	<b>H2O CARDIO</b> SANDY	<b>H2O CARDIO</b> WENDY	<b>AQUA TABATA</b> SHERRY	<b>ZUMBA</b> BONNIE
10AM	<b>ARTHRITIS</b> SHERRY		<b>ARTHRITIS</b> SANDY		<b>ARTHRITIS</b> SANDY
6PM		<b>AQUA TABATA</b> SHERRY		<b>AQUA BOXING</b> SHERRY	

## CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
5:25AM			<b>LES MILLS RPM</b> PL		8:15 AM
8:15AM	<b>LES MILLS RPM 30</b> 9:50AM SANDY		<b>LES MILLS RPM 30</b> 9:50AM MARK		<b>LES MILLS RPM</b> 8:15A LEE
5:45PM	<b>LES MILLS RPM</b> 5:30 LESLIE	<b>LES MILLS sprint</b> 5:45PM JOAN	<b>LES MILLS sprint</b> 6:15PM MARK	<b>LES MILLS RPM</b> 5:45P LEE	

**Try Virtual Cycle classes any time there is not a live class!**



# April 2026

**We are closed on Easter Sunday**

**NEW! GRIT Strength with Lisa Thursdays at 8:30am**

Lee's Sunday Yoga at 2pm:  
3rd Sunday—  
LM Hatha & LM Breath  
2nd & 4th Sunday—  
LM Vinyasa and LM Yin