

GFX STUDIO

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

CYCLE STUDIO

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

BLUE ROOM

	MON	TUES	WED	THU	FRI	SAT
5 AM	FITCAMP TRAVIS/ CHRIS	CARDIO BLAST CHRIS	FITCAMP TRAVIS	CARDIO BLAST CHRIS	FITCAMP TRAVIS	
9AM	Strength Total Body APRIL	LES MILLS GRIT CARDIO LISA	Strength LOWER LINDSAY	CARDIO BLAST APRIL	Strength ARMS/CORE LINDSAY	FatBlast Total Body LINDSAY
12:10PM	FatBlast 45 UPPER ELIZABETH	Kettlebell Strength & Conditioning 45 KENDRA	FatBlast 45 LOWER ELIZABETH	FatBlast 45 CARDIO KELLI	FatBlast 45 ARMS/CORE APRIL	
5PM				CORE! AUDREA		
5:30PM	Strength UPPER ELIZABETH	CARDIO BLAST AUDREA	Strength LOWER AUDREA	CARDIO BLAST KELLI		

POOL CLASSES

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

August 2026

Lee's Sunday Yoga at 2pm:
Check the board for pop up classes!

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

