

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	LES MILLS BODYPUMP	ZUMBA	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	
8:45AM	8:45 SANDY	8:30 BONNIE	8:45 SANDY	8:30 BONNIE	8:45 SANDY	
9:15AM	PILATES	RESTORATIVE YOGA	PILATES	RESTORATIVE YOGA	PILATES	LES MILLS BODYPUMP
9:35AM	9:50AM	9:35 PAM	9:50AM	9:35 PAM	9:50AM	9:15AM
9:50AM	JULIE (45M)		KIM D (45M)		JULIE (45M)	LESLIE/LEE
10:20AM					CHAIR YOGA	PILATES
10:45AM	10:45	10:45	10:45	10:45	10:45 BONNIE	10:20AM
11:20AM	YOGA 10:45 TERRI	SANDY	SYBIL	SHERRY	LINE DANCING 11:20 Bonnie	LESLIE
5PM	BUTTS AUDREA	CORE! AUDREA		LES MILLS BODYPUMP LESLIE		Club Jam BRITTANY 11AM
5:30 PM	Club Jam JEREMY/ BRITTANY	Club Jam CARLEE	LES MILLS CORE JOAN (30)			
6:20PM	GYM YOGA GERRY	YOGA JUSTIN				

CYCLE STUDIO

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

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

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	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 LINDSAY	CARDIO BLAST AUDREA	Strength LOWER LINDSAY	CARDIO BLAST KELLI		

POOL CLASSES

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

JANUARY 2026

Holiday Hours:
New Year's Day—8am to 12 noon

Feel free to join Lee on Sundays at 2pm as he practices Yoga with a combo of Hatha, Vinyasa, Breath and Deep Stretch. (GFX room)