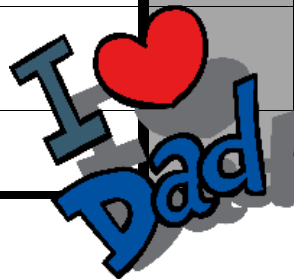


GFX STUDIO

| | 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 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 | 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 | SILVER SNEAKERS YOGA 10:45 TERRI | SILVER SNEAKERS 10:45 SANDY | SILVER SNEAKERS 10:45 SYBIL | SILVER SNEAKERS 10:45 SHERRY | CHAIR YOGA 10:45 BONNIE | LES MILLS PILATES 10:20AM LESLIE |
| 5PM | BUTTS AUDREA | CORE! AUDREA | | LES MILLS BODYPUMP LESLIE | | Club Jam 11:05AM BRITTANY |
| 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 9:50AM SANDY | | LES MILLS RPM 30 9:50AM MARK | | LES MILLS RPM 8:15A LEE |
| 5:45PM | LES MILLS RPM 5:30 LESLIE | | | LES MILLS RPM 5:45P LEE | |

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 | |
| 8:50AM | Strength Total Body APRIL | LES MILLS GRIT CARDIO 8:50 LISA | Strength LOWER LINDSAY | CARDIO BLAST APRIL | Strength ARMS/CORE LINDSAY | FatBlast Total Body LINDSAY |
| 9AM | | | | | | |
| 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 | ZUMBA BONNIE |
| 10AM | ARTHRITIS SHERRY | | ARTHRITIS SANDY | | ARTHRITIS SANDY |
| 6PM | | AQUA TABATA SHERRY | | AQUA BOXING SHERRY | |

June 2026

Lee's Sunday Yoga at 2pm:
None scheduled.
Possible pop up classes!

Normal gym hours on Father's Day. No classes.