



## Group Exercise Schedule

Updated January 2026

	MON	TUES	WED	THURS	FRI	SAT
5AM	Group Cycle Aerobics Room 5:15am-5:45am	Y Pump Multipurpose Rm 5:45am-6:30am	Group Cycle Aerobics Room 5:15am-5:45am	Y Pump Multipurpose Rm 5:45am-6:30am	Group Cycle Aerobics Room 5:15am-5:45am	
	AM Energy Fitness Center 5:30am-6am		AM Energy Fitness Center 5:30am-6am			
	BARRE Aerobics Room 5:45am-6:30am		BARRE Aerobics Room 5:45am-6:30am			
8AM		Intermediate Yoga Aerobics Room 8am-8:45am	Beginner Yoga Aerobics Room 8am-8:45am	Intermediate Yoga Aerobics Room 8am-8:45am		
9AM	Stretch It! Multipurpose Rm 9am-9:45am		Stretch It! Multipurpose Rm 9am-9:45am		Stretch It! Multipurpose Rm 9am-9:45am	Barbell Bombshells Multipurpose Rm 9am-9:45am
	Cardio Mix Aerobics Room 9:15am-10am		Cardio Mix Aerobics Room 9:15am-10am			
10AM	P.A.C.E. Multipurpose Rm 10am-11am	Pilates Aerobics Room 10am-10:50am	P.A.C.E. Multipurpose Rm 10am-11am	Pilates Aerobics Room 10am-10:50am		
4PM	Mobility & Motion Aerobics Room 4:30pm-5pm			Mobility & Motion Aerobics Room 4:30pm-5pm		
5PM	Step of Faith Aerobics Room 5pm-5:45pm	BARRE Aerobics Room 5pm-5:45pm	ZUMBA Aerobics Room 5pm-5:45pm	Step of Faith Aerobics Room 5pm-5:45pm		
		Strong & Steady Multipurpose Rm 5:15pm-6pm		Strong & Steady Multipurpose Rm 5:15pm-6pm		
6PM	Yoga Foundations Aerobics Room 6pm-7pm		Beginner Yoga Aerobics Room 6pm-6:45pm	Circuit Training Aerobics Room 6:15pm-7pm		
	Barbell Bombshells Multipurpose Rm 6:15pm-7pm	Barbell Bombshells Multipurpose Rm 6:15pm-7pm				
7PM						

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended that you consult your physician before starting any exercise program.