

GFX STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45AM		LES MILLS BODYPUMP LEE	LES MILLS PILATES LESLIE	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 BODYCOMBAT 8:30 BONNIE	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
10:15AM 10:45AM 11:20AM	SilverSneakers YOGA 10:45 TERRI	SilverSneakers 10:45 SANDY	SilverSneakers 10:45 BONNIE	SilverSneakers 10:45 SHERRY	CHAIR YOGA 10:45 BONNIE LINE DANCING 11:20 Bonnie	LES MILLS BODYFLOW 10:20AM LESLIE/LEE
5PM	BUTTS AUDREA	CORE! MELANIE		LES MILLS BODYPUMP LEE		Club Jam BRITTANY 11AM
5:35 PM	Club Jam BRITTANY/ JEREMY	Club Jam CARLEE	LES MILLS CORE JOAN (30)			
6:20PM	GYM YOGA GERRY	YOGA JUSTIN				

CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY 8:15 AM
5:25AM		New Time →	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 8:15AM LEE
5:30/5:45PM 6:15PM	LES MILLS RPM 5:30PM LESLIE	LES MILLS sprint 5:45PM JOAN	LES MILLS sprint 6:15PM JOAN	LES MILLS RPM 5:45PM 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/ STAFF	CARDIO BLAST AIDAN	FITCAMP TRAVIS	CARDIO BLAST AIDAN	FITCAMP TRAVIS	
9AM	Strength UPPER AIDAN	GRIT CARDIO LISA	Strength LOWER LINDSAY	CARDIO BLAST APRIL	Strength ARMS/CORE LINDSAY	FatBlast Total Body LINDSAY
12:10PM	FatBlast 45 UPPER LISA	Kettlebell Strength & Conditioning 45 KENDRA	FatBlast 45 LOWER ELIZABETH	CARDIO BLAST 45 AIDAN	FatBlast 45 ARMS/CORE APRIL	Kettlebell Strength & Conditioning KENDRA 10am
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 SHERRY	AQUA TABATA SHERRY	AQUA ZUMBA BONNIE
10AM	ARTHRITIS SHERRY		ARTHRITIS SANDY		ARTHRITIS SANDY
6PM		AQUA TABATA SHERRY		AQUA BOXING SHERRY	

APRIL 2025

We will be closed on
Easter – Sunday,
April 20th.

