



Fall 2022 Group Fitness Schedule

Schedule subject to Modification

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycle w/ Julia 7:45-8:45am Studio C	Yoga w/ Melanie 8-9am Studio B	Strength & Power w/ Jessica 7-8am Studio B	Yoga w/ Melanie 8-9am Studio B		
Yoga w/ Holly 8-9am Studio B	Lower Body Power w/ Katelyn 9-10am Studio A	Cycle w/ Erin 9:15-10am Studio C	Upper Body Power w/ Katelyn 9-10am Studio A	Yoga w/ Olivia 9:30-10:30am Studio B	
Full Body Fusion w/ Owen 10-11am Studio A	Cycle w/ Marnie 10-10:45am Studio C	Yoga w/ Olivia 9:30-10:30am Studio B	Cycle w/ Marnie 10-10:45am Studio C		
	Yoga w/ Amber 11am-12pm Studio B		Yoga w/ Amber 11am-12pm Studio B	Cycle w/ Emma 10:30-11:30am Studio C	
	Cycle w/ Owen 12-12:30pm Studio C		Cycle w/ Owen 12-12:45pm Studio C	Power Hour w/ Owen 12-1pm Studio B	
Intense 30 w/ Andrea 2-2:45pm Studio A			Zumba w/ Lauren 2pm-3pm Studio B	Yoga w/ Holly 1-2pm Studio B	Cycle w/ Owen 1:30-2:15pm Studio C
Zumba w/ Nicole 4-5pm Studio B	Barre w/ Lauren 3:15-4:15pm Studio A	Zumba w/ Nicole 3:30-4:30pm Studio B	Barre w/ Lauren 3:15-4:15pm Studio A		
Cycle w/ Shannon 5-6pm Studio C	Zumba w/ Julia 4-5pm Studio B	Power Hour w/ Owen 4:30-5:30pm Studio A	Zumba w/ Julia 4-5pm Studio B		
Butts & Guts w/ Emma 5:30-6:30pm Studio B		Strength & Power w/ Zoe 5-6pm Studio B	Cycle w/ Shannon 4-5pm Studio C		
Cycle w/ Erin 6:30-7:15pm Studio C	Strength & Power w/ Jessica 5:15-6:15pm Studio B	Cycle w/ Emma 5:30-6:30pm Studio C	Barre w/ Andrea 5:30-6:30pm Studio B		
Zumba w/ Lauren 6:45-7:45pm Studio B		Zumba w/ Lauren 6:45-7:45pm Studio B	Strength & Power w/Zoe 6:45-7:45pm Studio B		