

# GROUP FITNESS

FEBRUARY 2025

	CLASSES	LENGTH	TRAINER	LOCATION
<b>M</b>	6am Glutes and Core 6:30am Dumbbell Strength 7:30am H.I.I.T. 10am Core Control Reformer* 10am Aqua Surge 11am Reformer* 12pm Ultimate 12pm Yoga Flow 4pm Cardio Yoga 5pm Yoga Flow	30 Min 50 Min 30 Min 50 Min 60 Min 50 Min 50 Min 50 Min 50 Min 50 Min	Jen B. Maddy Jen B. Brita Shannon Chrissy Shannon Chrissy Angie Angie	Virtual Studio 3 Virtual Studio 2 Aquatics Ctr Studio 2 Studio 1 Studio 2 Studio 2 Studio 2
<b>TU</b>	6:30am Reformer* 7am Flow 7:30am H.I.I.T. 9am Barre 11am Reformer* 11am Dumbbell Strength 12pm Flow 12pm Power Cycle 4:30pm Ultimate 5:30pm Cycle	50 Min 60 Min 60 Min 50 Min 50 Min 50 Min 50 Min 60 Min 50 Min 60 Min	Hmone Jeffrey Jen B. Karlyn Chrissy Karlyn Chrissy Shannon Maddy Shannon	Studio 2 Studio 1/Virtual Studio 3 Studio 2 Studio 2 Studio 3 Studio 2 Studio 1 Studio 1/3 Studio 1
<b>W</b>	6am Strength & Stretch 6:30am H.I.I.T. 7:15am Barrelates 7:30am Dumbbell Strength 9am Mat Pilates 10am Aqua Surge 12pm H.I.I.T 5pm FLOW 6pm Reformer* 6pm Power Cycle	30 Min 50 Min 45 Min 30 Min 50 Min 60 Min 60 Min 50 Min 50 Min 60 Min	Jen B. Maddy Karlyn Jen B. Hmone Hmone Jen B. Chrissy Chrissy Angie	Virtual Studio 3 Studio 2 Virtual Studio 2 Aquatics Ctr Studio 3 Studio 2 Studio 2 Studio 1
<b>TH</b>	7:30am H.I.I.T. 9am Deep Stretch-Yin Yoga 11am Dumbbell Strength 12pm Power Cycle 4pm Integrative Pressure Yoga 5pm Deep Stretch-Yin Yoga	60 Min 50 Min 50 Min 60 Min 50 Min 50 Min	Jen B. Chrissy Maddy Angie Elise Elise	Studio 3 Studio 2 Studio 3 Studio 1 Studio 2 Studio 2
<b>F</b>	7:30am Glutes and Core 8am Deep Stretch 9am Barre 10am Aqua Surge 11am Pilates Reformer* 12pm Ultimate 12pm Deep Stretch-Yin Yoga	30 Min 15 Min 50 Min 60 Min 50 Min 60 Min 50 Min	Jen B. Jen B. Hmone Hmone Hmone Maddy Angie	Virtual Virtual Studio 2 Aquatics Ctr Studio 2 Studio 1/3 Studio 2
<b>S</b>	9am Yoga Flow 9am Power Cycle 10am H.I.I.T 10am Deep Stretch-Yin Yoga	50 Min 60 Min 50 Min 50 Min	Angie Shannon Tyrone Angie	Studio 2 Studio 1 Studio 3 Studio 2

\*Registration is required for Reformer Classes \$15 per person