

## GROUP FITNESS SCHEDULE 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:25AM	TABATA with BETTY & ANNE	STEP IT UP with ANN M	CARDIO HIP HOP with ANN M	BASIC STEP~TONE with NANCY	RIPPED with ANNE & BETTY	
9:00-9:55AM						ZUMBA® with MAVIS
9:30-10:00AM		BARRE BURN with THERESA		KILLER ABS with NANCY		
9:30-10:10AM	PILATES with MARLENE					
9:30-10:25AM			THE BLEND with ANNE & BETTY		POWER FLOW YOGA with RACHEL	
10:00-11:00AM						PILATES & STRETCH with JANET
10:15-11:00AM	<i>SilverSneakers®</i> Balance & Stability with THERESA	<i>SilverSneakers®</i> MSROM with THERESA		<i>SilverSneakers®</i> MSROM with BRYAN		
11:15AM-12:00PM	<i>SilverSneakers®</i> MSROM with ANN	PILATES with JANET	<i>SilverSneakers®</i> MSROM with AUTUMN	PILATES with JANET	<i>SilverSneakers®</i> MSROM with BRETT	
4:30-5:25PM	PILATES with JANET (4:30-5:10pm)	<b>ZUMBA®</b> with MAVIS		<b>ZUMBA®</b> with MAVIS		
5:30-6:25PM	CARDIO HIP HOP with ANN M & RAMEY	BARRE BURN with THERESA & AUTUMN	<b>WALK~N~TONE CANCELLED FOR THE SUMMER</b>	KETTLEBELL AMPD with ANN M		
6:30-7:25PM	CARDIO DRUMMING with KRYSTAL	BODY BEATZ with KRYSTAL	CARDIO DRUMMING with KRYSTAL	TOTALLY TONED with SARAH (6:40-7:30PM)		
6:45-7:45PM	<i>*ROOKIE BOOT CAMP* WITH ANN (see front desk for next sign</i>	<i>*ROOKIE BOOT CAMP* WITH ANN (see front desk for next sign up)</i>				

**REVISED ON JUNE 4, 2026**

\*Indicates an additional fee is required to participate in this class.