

Winter 2024 FITNESS CLASS SCHEDULE

STUDIO 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakaway 9:15-10 AM Kaaren A.	Breakaway 6:45-7:30 AM Barb L.	Breakaway 9:15-10 AM Lisa G.	Breakaway 6:45-7:30 AM Van M.	Breakaway 10:15-11 AM Christiane S.		
Breakaway 12:15-1 PM Lisa G.	Breakaway 11:15-12 PM Larry N.	Breakaway 12:15-1 PM Cindy B.	Breakaway 11:15-12 PM Cindy B.	Breakaway 12:15-1 PM Hannah C.	Breakaway 10:15-11 AM Rotation	Breakaway 10:15-11 AM Rotation
Breakaway 4:30-5:15 PM Ellie Z.	Breakaway 4:30-5:15 PM Gina T.	Breakaway 4:30-5:15 PM Charlee D.	Breakaway 4:30-5:15 PM Abby M.	Breakaway 4:30-5:15 PM Gina T.		
Breakaway 6:15-7 PM Darby G.	Breakaway 6:15-7 PM Charlee D.	Breakaway 6:15-7 PM Ellie Z.	Breakaway 6:15-7 PM Gina T.	Breakaway 6:15-7 PM Darby G.		

STUDIO 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Pump 12:15-1:15 PM Doriana P.	H.I.I.T. 12:15-1 PM Grace M.	Body Pump 12:15-1:15 PM Doriana P.	High Fitness 12:15-1 PM Sarena W.	Body Pump 12:15-1:15 PM Christiane S.	Body Pump 9-10 AM Rotation	
		6-Pack Abs 1:30-2 PM Doriana P.		6-Pack Abs 1:30-2 PM Christiane S.		
H.I.I.T. 4:15-5 PM Holland G.	H.I.I.T. 4:15-5 PM Holland G.	Body Pump 4:15-5:15 PM Christiane S.	Body Pump 4:15-5:15 PM Cindy B.	Body Pump 4:15-5:15 PM Cindy B.		
Contemporary Jazz 5:15-6:15 PM Leah S.	High Fitness 5:15-6 PM Bailey V.	High Fitness 5:30-6:15 PM Bailey V.	H.I.I.T. 5:30-6:15 PM Abby M.			
Hip Hop + Heels 6:30-7:30 PM Leah S.		Zumba 6:30-7:30 PM Danya N.	Contemporary Jazz 6:30-7:30 PM Kylín P.			
Jazz Funk Jam 7:45-8:45 PM Darya A.		Jazz Funk Jam 7:45-8:45 PM Darya A.				

RECREATION CENTER POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Masters Swim 7-8 AM Aquatics Staff	Intermediate Swim 7-8 AM Aquatics Staff	Masters Swim 7-8 AM Aquatics Staff	Intermediate Swim 7-8 AM Aquatics Staff	Masters Swim 7-8 AM Aquatics Staff		
	Master's Swim 5:30-6:30 PM Aquatics Staff		Master's Swim 5:30-6:30 PM Aquatics Staff			

SCHEDULE RUNS JANUARY 8 - MARCH 22, 2024

 : No Reservation Required

 : Reservation Required

 : Fee Required

STUDIO 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Barre Connect 7:45-8:30 AM Christiane S.		Barre Connect 7:45-8:30 AM Christiane S.			
Fusion Pilates 9:10-9:55 AM Carly K.	Hatha Yoga 9:10-10:10 AM Lynn M.	Fusion Pilates 9:10-9:55 AM Madi H.	Vinyasa Flow 9:10-10:10 AM Lynn M.	Vinyasa Flow 10:05-11:05 AM Audrey T.		
TRX 10:15-11 AM Kaaren A.	Fusion Pilates 10:30-11:15 AM Doriana P.	TRX 10:15-11 AM Lisa G.	Fusion Pilates 10:30-11:15 AM Carly K.	Barre Connect 11:15 AM-12 PM Christiane S.	Yoga Flow 11:15 AM-12:15 PM Rotation	Yoga Flow 11:15 AM-12:15 PM Rotation
Hatha Yoga 12:10-1:10 PM Richard M.	Vinyasa Flow 12:10-1:10 PM Victoria K.	Vinyasa Flow 12:10-1:10 PM Victoria K.	Hatha Yoga 12:10-1:10 PM Richard M.	Hatha Yoga 12:10-1:10 PM Richard M.		
Fusion Pilates 4:10-4:55 PM Doriana P.	Power Flow 4:10-5:10 PM Arabel M.	Fusion Pilates 4:10-4:55 PM Madi H.	Fusion Pilates 4:10-4:55 PM Doriana P.			
Power Flow 5:10-6:10 PM Liz C.	Vinyasa Flow 5:30-6:30 PM Megan S.	Barre Connect 5:30-6:15 PM Lea B.	Vinyasa Flow 5:10-6:10 PM Liz C.	Power Flow 5:10-6:10 PM Liz C.		
Salsa/Bachata 6:30-7:30 PM Horacio H.	Fusion Pilates 6:45-7:30 PM Kim M.	Vinyasa Flow 6:30-7:30 PM Ruby R.				
Vinyasa Flow 7:45-8:45 PM Kate B.	Power Flow 7:45-8:45 PM Valerie R.					

MAT ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kickboxing 12:10-1:10 PM Nefferti S.		Kickboxing 12:10-1:10 PM Nefferti S.				
Shorin Ryu Karate 6:45-7:45 PM Lance G.	Kickboxing 6:45-7:45 PM Nefferti S.	Shorin Ryu Karate 6:45-7:45 PM Lance G.	Kickboxing 6:45-7:45 PM Nefferti S.			Acro Yoga 6-7:30 PM Liz C.