

Fall 2024 FITNESS CLASS SCHEDULE

SCHEDULE RUNS SEPTEMBER 23 - DECEMBER 13, 2024

STUDIO 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakaway 9:15-10 AM Kaeren 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 9:15-10 AM Christiane S.	Breakaway 10:15-11 AM Rotation	Breakaway 10:15-11 AM Rotation
Breakaway 12:15-1 PM Cindy B.	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 Gina T.		
Breakaway 4:30-5:15 PM Gina T.	Breakaway 4:30-5:15 PM Warren R.	Breakaway 4:30-5:15 PM Hannah C.	Breakaway 4:30-5:15 PM Gina T.	Breakaway 4:30-5:15 PM JP B.		
Breakaway 6:15-7 PM Hannah C.	Breakaway 6:15-7 PM Maija S	Breakaway 6:15-7 PM Maija S.	Breakaway 6:15-7 PM Abby M.	Breakaway 6:15-7 PM Warren R.		Breakaway 6:15-7 PM Rotation

STUDIO 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Pump 12:15-1:15 PM Doriana P.	HIIT 12:15-1 PM Cindy B.	Body Pump 12:15-1:15 PM Doriana P.	HIIT 12:15-1 PM Carly K.	Body Pump 12:15-1:15 PM Christiane S.	Body Pump 9-10 AM Rotation	
Body Pump 4:15-5:15 PM Cindy B.	6-Pack Abs 1:15-1:45 PM Cindy B.	6-Pack Abs 1:30-2 PM Doriana P.	Body Pump 4:15-5:15 PM Cindy B.	6-Pack Abs 1:30-2 PM Christiane S.		
Hip Hop + Heels 5:30-6:30 PM Leah S.	Body Pump 4:15-5:15 PM Doriana P.	Body Pump 4:15-5:15 PM Christiane S.				
Jazz Funk JAM 6:45-7:45 PM Darya A.		High Fitness 5:30-6:15 PM Bailey V.	Contemporary Jazz 7:10-8:10 PM Kylín P.			
		Zumba 6:30-7:30 PM Danya N.				
		Jazz Funk JAM 7:45-8:45 PM Darya A.				

MAT ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kickboxing 12:10-1:10 PM Nefferti S.	Krav Maga 12:10-1 PM Nefferti S.	Kickboxing 12:10-1:10 PM Nefferti S.	Krav Maga 12:10-1 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.			AcroYoga 5:30-7 PM Liz C.

: No Reservation Required
 : Reservation Required
 : Fee Required

STUDIO 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fusion Pilates 10:15-11 AM Doriana P.	Barre Connect 7:45-8:30 AM Christiane S.	Vinyasa Flow 8-9 AM Aya S.	Barre Connect 7:45-8:30 AM Christiane S.	Fusion Pilates 10:15-11 AM Doriana P.		
Hatha Yoga 12:10-1:10 PM Richard M.	Hatha Yoga 9:10-10:10 AM Lynn M.	TRX 10:15-11 AM Lisa G.	Vinyasa Flow 9:10-10:10 AM Lynn M.	TRX 11:15 AM-12 PM Christiane S.	Yoga Flow 11:15-12:15 PM Rotation	Yoga Flow 11:15-12:15 PM Rotation
Fusion Pilates 4:15-5 PM Addie U.	Fusion Pilates 10:30-11:15 AM Doriana P.	Vinyasa Flow 12:10-1:10 PM Victoria K.	Vinyasa Flow 10:30-11:30 AM Victoria K.	Hatha Yoga 12:10-1:10 PM Richard M.		
Vinyasa Flow 5:15-6:15 PM Liz C.	Vinyasa Flow 12:10-1:10 PM Victoria K.	Fusion Pilates 4:30-5:15 PM Addie U.	Hatha Yoga 12:10-1:10 PM Richard M.	Vinyasa Flow 5:10-6:10 PM Mark M.		
Power Flow 6:30-7:30 PM Mohrish R.	Power Flow 4:10-5:10 PM Liz C.	Barre Connect 5:30-6:15 PM Lea B.				
	Vinyasa Flow 5:30-6:30 PM Megan S.		Fusion Pilates 4:15-5 PM Doriana P.			
	Power Flow 6:45-7:45 PM Audrey T.		Power Flow 5:15-6:15 PM Liz C.			Yoga Flow 7:15-8:15 PM Rotation

SOUTH GYM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				Cardio Sport 4-5 PM Rotation		

RECREATION CENTER POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Advanced Swim 7-8 AM ASI Aquatics Staff	Intermediate Swim 7-8 AM ASI Aquatics Staff	Advanced Swim 7-8 AM ASI Aquatics Staff	Intermediate Swim 7-8 AM ASI Aquatics Staff	Advanced Swim 7-8 AM ASI Aquatics Staff		
AQUA FIT (Deep) 1:30-2:15 PM Cindy B.			AQUA FIT (Shallow) 12:30-1:15 PM Cindy B.	Hydro Hype HIIT 1-3 PM Cindy B. 10/4 11/1 12/6		
	Advanced Swim 5:30-6:30 PM ASI Aquatics Staff		Advanced Swim 5:30-6:30 PM ASI Aquatics Staff			