

SPRING 2025 FITNESS CLASS SCHEDULE

STUDIO 1 (043-0211)

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 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 Kat R.	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 Maija S.	Breakaway 4:30-5:15 PM Maija S.	Breakaway 4:30-5:15 PM Gina T.	Breakaway 4:30-5:15 PM Warren R.		
Breakaway 6:15-7 PM Hannah C.	Breakaway 6:15-7 PM JP B.	Breakaway 6:15-7 PM Bella R.	Breakaway 6:15-7 PM Abby M.	Breakaway 6:15-7 PM JP B.		Breakaway 6:15-7 PM Fredy H.

STUDIO 3 (043-215)

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.	LIIT 12:15-1:10 PM Amy P.	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.	6-Pack Abs 1:30-2 PM Amy P.	6-Pack Abs 1:30-2 PM Christiane S.		
Hip Hop + Heels 6:30-7:30 PM Leah S.	Body Pump 4:15-5:15 PM Doriana P.	Body Pump 4:15-5:15 PM Christiane S.	Body Pump 4:15-5:15 PM Cindy B.			
Jazz Funk JAM 7:45-8:45 PM Darya A.	Cardio Sport 5:30-6:30 PM Cindy B.	Zumba 6:30-7:30 PM Danya N.	Cardio Sport 5:30-6:30 PM Cindy B.			
	Jazz Funk JAM 6:45-7:45 PM Leah S.	Hip Hop + Heels 7:45-8:45 PM Darya A.	Contemporary Jazz 6:45-7:45 PM Kyllin P.			

RECREATION CENTER LAP POOL & LEISURE POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUA FIT (LAP POOL) 11-11:45 AM Cindy B.				AQUA FIT (LEISURE POOL) 11:10-11:55 AM Cindy B.		

SCHEDULE RUNS APRIL 1-JUNE 13, 2025

 : No Reservation Required : Reservation Required : Fee Required

STUDIO 2 (043-213)

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

MAT ROOM (043-0192)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Shorin Ryu Karate 6:45-7:45 PM Lance G.		Shorin Ryu Karate 6:45-7:45 PM Lance G.				AcroYoga 5:30-7 PM Liz C.



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