

SPRING 2026 FITNESS CLASS SCHEDULE

SCHEDULE RUNS FROM MARCH 30-JUNE 12, 2026

STUDIO 1 (043-0211)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakaway 10:15-11:00 AM ★ Kaaren A.	Breakaway 6:45-7:30 AM ★ Kat R.	Breakaway 10:15-11:00 AM ★ Lisa G.	Breakaway 6:45-7:30 AM ★ Van M.	Breakaway 10:15-11:00 AM ★ Christiane S.		
Breakaway 12:15-1:00 PM ★ Cindy B.	Breakaway 11:15-12:00 PM ★ Larry N.	Breakaway 12:15-1:00 PM ★ Warren R.	Breakaway 11:15-12:00 PM ★ Cindy B.	Breakaway 12:15-1:00 PM ★ Kat R.	Breakaway 10:15-11:00 AM ★ ROTATION	Breakaway 10:15-11:00 AM ★ ROTATION
Breakaway 4:30-5:15 PM ★ Solana M.	Breakaway 4:30-5:15 PM ★ Fredy H.	Breakaway 4:30-5:15 PM ★ JP B.	Breakaway 4:30-5:15 PM ★ Solana M.	Breakaway 4:30-5:15 PM ★ Warren R.		
Breakaway 6:15-7:00 PM ★ Abby M.	Breakaway 6:15-7:00 PM ★ Charlee D.	Breakaway 6:15-7:00 PM ★ Charlee D.	Breakaway 6:15-7:00 PM ★ JP B.	Breakaway 6:15-7:00 PM ★ Fredy H.		Breakaway 6:15-7:00 PM ★ ROTATION

STUDIO 2 (043-213)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Vinyasa Flow 7:45-8:45 AM ● Daniella S.	Barre Connect 7:45-8:30 AM ● Christiane S.	Power Flow 7:45-8:45 AM ● Ruby R.	Barre Connect 7:45-8:30 AM ● Christiane S.			
Fusion Pilates 10:30-11:15 AM ★ Doriana P.	Hatha Yoga 9:10-10:10 AM ● Lynn M.	TRX 9:15-10:00 AM ● Lisa G.	Vinyasa Flow 9:10-10:10 AM ● Lynn M.	Vinyasa Flow 9:10-10:10 AM ● Megan S.		
Hatha Yoga 12:15-1:15 PM ● Richard M.	Fusion Pilates 10:30-11:15 AM ★ Doriana P.	Fusion Pilates 10:30-11:15 AM ★ Doriana P.	Fusion Pilates 11:15-12:00 PM ★ Amy P.	Fusion Pilates 10:30-11:15 AM ★ Doriana P.	Yoga Flow 11:15-12:15 PM ● Rotation	Yoga Flow 11:15-12:15 PM ● Rotation
Fusion Pilates 4:15-5:00 PM ★ Addie U.	Vinyasa Flow 12:15-1:15 PM ● Kate Burton	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.		
Vinyasa Flow 5:15-6:15 PM ● Addie U.	Hatha Yoga 4:15-5:15 PM ● Morgan Q.	Sculpt Yoga 4:15-5:15 PM ● Addie U.	TRX 1:30-2:15 PM ● Amy P.	Hatha Yoga 4:00-5:00 PM ● Taposi D.		
Sculpt Yoga 6:30-7:30 PM ● Liz C.	Power Flow 5:30-6:30 PM ● Audrey T.	Barre Connect 5:30-6:15 PM ● Lea B.	Fusion Pilates 4:15-5:00 PM ★ Doriana P.	Vinyasa Flow 5:15-6:15 PM ● Mark M.		
	Vinyasa Flow 7:00-8:00 PM ● Victoria K.	Power Flow 6:30-7:30 PM ● Liz C.	Vinyasa Flow 5:15-6:15 PM ● Liz C.			Vinyasa Flow 7:15-8:15 PM ● Rotation

Key

- : No Reservation Required
- ★ : Reservation Required
- ▲ : Fee Required

STUDIO 3 (043-215)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Pump 12:15-1:15 PM ★ Doriana P.	HIIT 12:15-1:00 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 9:00-10:00 AM ★ Rotation	
Body Pump 4:15-5:15 PM ★ Cindy B.	6-Pack Abs 1:15-1:45 PM ● Cindy B.	Body Pump 4:15-5:15 PM ★ Christiane S.	Body Pump 4:15-5:15 PM ★ Cindy B.	6-Pack Abs 1:30-2:00 PM ● Christiane S.		
6-Pack Abs 5:30-6:00 PM ● Cindy B.	6-Pack Abs 5:15-5:45 PM ● Doriana P.	Hip Hop + Heels 6:30-7:30 PM ● Darya A.	Contemporary Jazz 5:30-6:30 PM ● Kylin P.			
Hip Hop + Heels 6:30-7:30 PM ● Darya A.	Body Pump 6:00-7:00 PM ★ Doriana P.					

MAT ROOM (043-0192)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Shorin Ryu Karate 6:45-7:45 PM ▲ Ron M.	Kickboxing 6:45-7:45 PM ▲ Yahir F.	Shorin Ryu Karate 6:45-7:45 PM ▲ Ron M.	Kickboxing 6:45-7:45 PM ▲ Yahir F.			AcroYoga 5:30-7:00 PM ▲ Liz C.

LEISURE CENTER POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				AQUA FIT 12:15-1:00 PM ● Cindy B.		

REC CENTER POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				HYDRO HYPE HIIT 1:30-3:00 PM ● Cindy B.		

*HYDRO HYPE CLASSES ON APRIL 10, APRIL 24, MAY 8, MAY 29



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