

# GROUP FITNESS SCHEDULE

## MONDAY

5:00AM  
**CYCLING**  
DAWN

8:00AM  
**AQUAFIT**  
MJ

9:30AM  
**BODYPUMP**  
DOMINIQUE

5:30PM  
**ZUMBA**  
JAMIE

5:30PM  
**CYCLING**  
JULIE

6:30PM  
**TOTALCORE X**  
JULIE

6:45PM  
**TRX**  
DOMINIQUE

6:45PM  
**YOGA**  
LINDSEY

## TUESDAY

5:30AM  
**TRX**  
DAWN

8:00AM  
**AQUAFIT**  
MJ

9:30AM  
**HIIT30**  
JULIE

9:30AM  
**SENIOR WOMEN'S CIRCUIT**  
MJ

10:05AM  
**BARRE EXPRESS**  
JULIE

12:15PM  
**CYCLING**  
JULIE

5:30PM  
**BODYPUMP**  
LISA K / KRIS

5:30PM  
**BARRE ABOVE**  
PEPPER

6:45PM  
**POUND**  
JESSICA

## WEDNESDAY

5:00AM  
**CYCLING**  
DAWN

8:00AM  
**AQUAFIT**  
MJ

9:00AM  
**AQUAFIT**  
MJ

9:30AM  
**BODYPUMP**  
DOMINIQUE

10:00AM  
**YOGA**  
RINZEN

5:30PM  
**CYCLING**  
JULIE

5:30PM  
**ZUMBA**  
JAMIE

6:30PM  
**TOTALCORE X**  
JULIE

6:45PM  
**YOGA**  
RINZEN

6:45PM  
**TRX**  
DOMINIQUE

## THURSDAY

5:30AM  
**TRX**  
DAWN

8:00AM  
**AQUAFIT**  
MJ

9:30AM  
**HIIT30**  
JULIE

9:30AM  
**SENIOR WOMEN'S CIRCUIT**  
MJ

10:05AM  
**BARRE EXPRESS**  
JULIE

12:15PM  
**CYCLING**  
JULIE

5:30PM  
**BARRE ABOVE**  
PEPPER

5:30PM  
**BODYPUMP**  
LISA K / KRIS

6:00PM  
**AQUAFIT**  
MJ

## FRIDAY

5:00AM  
**CYCLING**  
DAWN

8:00AM  
**AQUAFIT**  
MJ

9:00AM  
**AQUAFIT**  
MJ

9:30AM  
**BODYPUMP**  
DOMINIQUE

10:00AM  
**BEGINNER YOGA**  
RINZEN

5:30PM  
**ZUMBA**  
JESSICA

## SATURDAY

8:00AM  
**CYCLING**  
CHRIS

7:30AM  
**YOGA**  
RINZEN

9:30AM  
**BODYPUMP**  
LISA K / KRIS

## SUNDAY

9AM  
**ZUMBA**  
JAMIE

*Connect  
With Us!*



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