

Fall 2025 Group Fitness Schedule

****Subject to modification! For the most up-to-date schedule, go to IMLeagues****

Monday

Tuesday

Wednesday

Thursday

Friday

BodyBalance w/
Jackie
8:30AM-Studio B

BodyPump w/ Brynn
10AM-Studio B

Cycle w/Marnie
11:30AM- Studio C

Yoga x Pilates
w/Gabby
12:30PM- Studio B

BodyPump w/Grace
2PM-Studio B

Kickboxing w/Tom
5PM- Studio A

Rhythm Ride w/Anya
5PM- Studio C

Zumba w/Maya
5PM- Studio B

Glow Grit w/Maddy
6:30PM- Studio B

Bodypump w/Carly
7:15PM- Studio B

Grit w/Sammie
7AM- Studio B

Core w/Sammie
8AM- Studio B

Cycle w/Claudia
8AM- Studio C

Barre w/Liv
9AM- Studio A

BodyBalance
w/Sammie
9:15AM- Studio B

Bodypump w/Grace
12PM- Studio B

Yoga x Pilates
w/Gabby
2:15PM- Studio B

Yoga w/Lindsey
4PM- Studio B

Cycle w/Makenna
4PM- Studio C

Zumba w/Rachel
5:30PM- Studio B

Core w/Sammy
5:30PM- Studio A

Zumba w/Bella
7PM- Studio B

BodyBalance w/
Jackie
8AM-Studio A

BodyPump w/Amber
8AM- Studio B

BodyPump w/ Brynn
10AM- Studio B

GRIT w/Maddy
11AM- Studio B

Cycle w/Marnie
11:30AM- Studio C

Yoga w/Peyton
2PM- Studio B

Cycle w/Claudia
3PM- Studio C

Yoga x Pilates
w/Gabby
4:30PM- Studio B

Cycle w/ Meredith
5:30PM- Studio C

Glow Zumba w/ Bri
6PM- Studio B

Rhythm Ride w/ Anya
6:45PM- Studio C

Circuit 45 w/ Carly
7:15PM- Studio B

Grit w/Sammie
7AM- Studio B

BodyPump
w/Sammie
8AM- Studio B

Cycle w/Meredith
8AM- Studio C

BodyBalance
w/Sammie
9:15AM- Studio B

Barre w/Liv
1PM- Studio B

Power Yoga w/
Lindsey
3:30PM- Studio B

Kickboxing w/ Tom
4PM- Studio A

Core w/ Sammy
5PM- Studio B

Zumba w/ Maya
5PM- Studio A

Zumba w/ Bella
6:15PM- Studio B

BodyBalance w/
Jackie
9AM-Studio B

Cycle w/Meredith
9AM- Studio C

BodyPump w/
Amber
9:30AM- Studio B

Yoga w/Gabby
11:30AM- Studio B

Yoga w/Lindsey
1PM- Studio A

Barre w/Liv
1:30PM- Studio B

Saturday

Mystery Cycle
10AM- Studio C

Sunday

Barre w/Liv
4PM- Studio B