


## Fitness Center Group Exercise Schedule

|      | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|------|---|--|--|---|--|
| 5am  | 5:45 <span style="background-color: #FFD700;">Cycle (45)</span> Chandler  | 5:30 <span style="background-color: #90EE90;">HIIT FITT (30)</span> Michael  |  | 5:30 <span style="background-color: #90EE90;">HIIT FITT (30)</span> Michael   |  |
| 6am  | 6:30 <span style="background-color: #90EE90;">Strength Training (45)</span> Michael   | 6:30 <span style="background-color: #90EE90;">TRX (45)</span> Chandler   | 6:30 <span style="background-color: #90EE90;">Strength Training (45)</span> Michael  | 6:30 <span style="background-color: #90EE90;">TRX (45)</span> Chandler  | 6:30 <span style="background-color: #90EE90;">Strength Training (45)</span> Michael  |
| 8am  | 8:00 <span style="background-color: #90EE90;">HeartStrong*</span> Logan<br>8:15 <span style="background-color: #6495ED;">Low Impact Sculpt</span> Beth  | 7:30 <span style="background-color: #FFB6C1;">Beginner Yoga</span> Isabelle<br>8:45 <span style="background-color: #FFB6C1;">Tai Chi</span> Aviva  | 8:00 <span style="background-color: #90EE90;">HeartStrong*</span> Myles<br>8:15 <span style="background-color: #6495ED;">Low Impact Sculpt</span> Isabelle   | 7:30 <span style="background-color: #FFB6C1;">Pilates</span> Isabelle<br>8:45 <span style="background-color: #FFB6C1;">Tai Chi</span> Aviva   | 8:00 <span style="background-color: #90EE90;">HeartStrong*</span> Nicole   |
| 9am  | 9:00 <span style="background-color: #FFB6C1;">Chair Yoga</span> Maya<br>9:15 <span style="background-color: #90EE90;">TRX (45)</span> Myles   | 9:00 <span style="background-color: #6495ED;">Adult Conditioning</span> Logan  | 9:15 <span style="background-color: #90EE90;">TRX (45)</span> Nicole   | 9:00 <span style="background-color: #6495ED;">Adult Conditioning</span> Nicole<br>9:00 <span style="background-color: #90EE90;">Boot Camp (45)</span> Myles   | 9:15 <span style="background-color: #90EE90;">TRX (45)</span> Logan  |
| 10am | 10:00 <span style="background-color: #90EE90;">HeartStrong*</span> Myles<br>10:00 <span style="background-color: #FFB6C1;">Functional Stretching (45)</span> Logan<br>11:00 <span style="background-color: #FFB6C1;">Tai Chi</span> Aviva | 10:00 <span style="background-color: #FFB6C1;">Adaptive Yoga 1 (45)</span> Sheila  | 10:00 <span style="background-color: #90EE90;">HeartStrong*</span> Logan<br>10:00 <span style="background-color: #FFB6C1;">Functional Stretching (45)</span> Nicole  | 10:00 <span style="background-color: #FFB6C1;">Chair Mobility</span> Aktzi  | 10:00 <span style="background-color: #FFB6C1;">Adaptive Yoga 2 (45)</span> Sheila<br>10:00 <span style="background-color: #90EE90;">HeartStrong*</span> Nicole<br>10:00 <span style="background-color: #6495ED;">Functional Stretching (45)</span> Myles |
| 11am | 11:15 <span style="background-color: #6495ED;">COPD* (75)</span> Nicole   | 11:00 <span style="background-color: #FFB6C1;">Pilates (45)</span> Sheila<br>11:00 <span style="background-color: #A9A9A9;">COPD* (40)</span> Micki<br>11:00 <span style="background-color: #90EE90;">Heart Fit*</span> Logan    | 11:15 <span style="background-color: #6495ED;">COPD* (75)</span> Myles   | 11:00 <span style="background-color: #A9A9A9;">COPD* (40)</span> Nicole<br>11:00 <span style="background-color: #90EE90;">Heart Fit*</span> Logan   | 11:00 <span style="background-color: #FFB6C1;">Pilates (45)</span> Sheila<br>11:00 <span style="background-color: #A9A9A9;">COPD* (40)</span> Myles  |
| 12pm | 12:00 <span style="background-color: #90EE90;">Women's Strength Training (45)</span> Ariel<br>12:15 <span style="background-color: #FFB6C1;">Zumba Gold (45)</span> Ingrid  | 12:15 <span style="background-color: #90EE90;">TRX (45)</span> Myles<br>12:45 <span style="background-color: #FFD700;">Cycle (45)</span> Jameelah  | 12:00 <span style="background-color: #90EE90;">Women's Strength Training (45)</span> Nicole  | 12:15 <span style="background-color: #FFB6C1;">Zumba Gold (45)</span> Ingrid  | 12:45 <span style="background-color: #FFB6C1;">Power Yoga</span> Maya  |
| 1pm  | 1:00 <span style="background-color: #FFB6C1;">Functional Stretching (45)</span> Myles   | 1:00 <span style="background-color: #6495ED;">Cancer Wellfit*</span> Ariel   | 1:00 <span style="background-color: #FFB6C1;">Functional Stretching (45)</span> Micki  |   | 1:00 <span style="background-color: #6495ED;">Cancer Wellfit*</span> Nicole  |
| 2pm  |   |  | 2:00 <span style="background-color: #6495ED;">Pink*</span> Micki   |   | 2:00 <span style="background-color: #6495ED;">Pink*</span> Myles   |
| 4pm  | 4:30 <span style="background-color: #6495ED;">Extreme Bootcamp (45)</span> Reggie   | 4:30 <span style="background-color: #90EE90;">Strength Training (30)</span> Ariel  | 4:15 <span style="background-color: #90EE90;">Boxing (45)</span> Asher<br>4:30 <span style="background-color: #6495ED;">Extreme Bootcamp (45)</span> Jameelah  | 4:30 <span style="background-color: #90EE90;">Strength Training (30)</span> Ariel   | 4:30 <span style="background-color: #90EE90;">Extreme Bootcamp (45)</span> Aktzi   |
| 5pm  | 5:00 <span style="background-color: #90EE90;">HeartStrong*</span> Asher<br>5:30 <span style="background-color: #6495ED;">Step &amp; Sculpt (45)</span> Sidney<br>5:45 <span style="background-color: #FFD700;">Cycle (45)</span> Alethia  | 5:00 <span style="background-color: #FFB6C1;">Beginner Yoga</span> Maya<br>5:30 <span style="background-color: #6495ED;">Cardio Dance</span> Isabelle<br>5:45 <span style="background-color: #FFD700;">Cycle (45)</span> Alethia | 5:00 <span style="background-color: #90EE90;">HeartStrong*</span> Ariel<br>5:15 <span style="background-color: #FFB6C1;">Tai Chi</span> Ty<br>5:30 <span style="background-color: #6495ED;">Hip Hop Cardio</span> Isabelle | 5:00 <span style="background-color: #90EE90;">HeartStrong*</span> Alex<br>5:00 <span style="background-color: #FFB6C1;">Women's Heart Yoga</span> Amanda<br>5:45 <span style="background-color: #FFD700;">Cycle &amp; Sculpt (45)</span> Walter | 5:30 <span style="background-color: #90EE90;">TRX (45)</span> Ariel  |
| 6pm  | 6:30 <span style="background-color: #FFB6C1;">Intermediate Yoga</span> Maya<br>6:30 <span style="background-color: #90EE90;">TRX (45)</span> Asher  | 6:00 <span style="background-color: #90EE90;">Cardio &amp; Core</span> Ariel<br>6:15 <span style="background-color: #FFB6C1;">Pilates (45)</span> Isabelle   | 6:30 <span style="background-color: #FFB6C1;">Intermediate Yoga</span> Maya<br>6:30 <span style="background-color: #90EE90;">TRX (45)</span> Asher   | 6:30 <span style="background-color: #FFB6C1;">Yoga</span> Melita  |  |
|      | Saturday  | Sunday   | <br>Last updated: 03.06.2025  |   |  |
|      | 8:15 <span style="background-color: #FFD700;">Cycle (45)</span> Chandler  | 12:15 <span style="background-color: #90EE90;">Strength Training (45)</span> Various   |  |   |  |
|      | 9:15 <span style="background-color: #FFB6C1;">Pilates</span> Sidney   | 1:00 <span style="background-color: #90EE90;">Cancer Wellfit*</span> Alex  |  |   |  |
|      | 10:00 <span style="background-color: #90EE90;">Strength Training (45)</span> Asher  | 1:15 <span style="background-color: #FFB6C1;">Tai Chi</span> Ty  |  |   |  |
|      | 11:30 <span style="background-color: #FFB6C1;">Yoga</span> Melita   | 2:00 <span style="background-color: #6495ED;">Pink*</span> Alex<br>2:30 <span style="background-color: #FFB6C1;">Beginner Yoga</span> Maya   |  |   |  |
|      |   |  | Cycling Studio   |   |  |
|      |   |  | Train Station  |   |  |
|      |   |  | Mind Body Studio   |   |  |
|      |   |  | Group Exercise Studio  |   |  |
|      |   |  | Virtual  |   |  |
|      |   |  | *Medical clearance required  |   |  |
|      |   |  | All classes 60 minutes unless noted  |   |  |