


Fitness Center Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5am	5:45 Cycle (45) Chandler	5:30 HIIT FITT (30) Sonya		5:30 HIIT FITT (30) Sonya	
6am	6:30 Strength Training (45) Sonya	6:30 TRX (45) Chandler	6:30 Strength Training (45) Taylor	6:30 TRX (45) Chandler	
8am	8:00 HeartStrong* Taylor 8:15 Low Impact Sculpt Beth	7:30 Beginner Yoga Young 8:45 Tai Chi Young	8:00 HeartStrong* Taylor 8:15 Low Impact Sculpt Jameelah	7:30 Pilates Young	8:00 HeartStrong* Nicole
9am	9:00 Chair Yoga Maya 9:15 TRX (45) Myles	9:00 Adult Conditioning Taylor	9:15 TRX (45) Alan	9:00 Adult Conditioning Nicole	9:15 TRX (45) Taylor 9:30 Adaptive Yoga 2 Maya
10am	10:00 HeartStrong* Myles 10:00 Functional Stretching (45) Taylor 11:00 Tai Chi Young	10:15 Adaptive Yoga 1 Young	10:00 HeartStrong* Taylor 10:00 Functional Stretching (45) Nicole	10:00 Chair Yoga Freddy	10:00 HeartStrong* Alan 10:00 Functional Stretching (45) Myles
11am	11:15 COPD* (75) Nicole	11:00 COPD* (40) Micki 11:00 Heart Fit* Alan	11:15 COPD* (75) Myles	11:00 COPD* (40) Alan 11:00 Heart Fit* Taylor	11:00 COPD* (40) Myles
12pm	12:00 Women's Strength Training (45) Alan 12:15 Zumba Gold (45) Ingrid	12:15 TRX (45) Myles 12:45 Cycle (45) Jameelah	12:00 Women's Strength Training (45) Nicole	12:15 Zumba Gold (45) Ingrid	12:45 Power Yoga Maya
1pm	1:00 Functional Stretching (45) Myles	1:00 Cancer Wellfit* Nicole	1:00 Functional Stretching (45) Micki		1:00 Cancer Wellfit* Nicole
2pm			2:00 Pink* Alan		2:00 Pink* Micki
4pm	4:30 Total Body Conditioning (45) Reggie	4:30 Strength Training (30) Marquese	4:30 Total Body Conditioning (45) Jamal	4:30 Strength Training (30) Marquese	4:30 Total Body Conditioning (45) Reggie
5pm	5:00 HeartStrong* Asher 5:30 Step & Sculpt (45) Sidney 5:45 Cycle (45) Alethia	5:00 Beginner Yoga Maya 5:30 Cardio Dance Jamal 5:45 Cycle (45) Alethia	5:00 HeartStrong* Marquese 5:30 Hip Hop Dance Fusion Jamal	5:00 HeartStrong* Alex 5:00 Women's Heart Yoga Amanda 5:45 Cycle & Sculpt (45) Walter	5:30 TRX (45) Marquese
6pm	6:30 Intermediate Yoga Maya 6:30 TRX (45) Marquese	6:00 Cardio & Core Marquese 6:15 Pilates (45) Maya	6:30 Intermediate Yoga Maya 6:30 TRX (45) Asher	6:30 Yoga Melita	
	Saturday	Sunday			<div style="display: flex; flex-direction: column; align-items: center;"> <div style="background-color: yellow; width: 20px; height: 20px; margin-bottom: 5px;"></div> <div style="background-color: lightgreen; width: 20px; height: 20px; margin-bottom: 5px;"></div> <div style="background-color: lightcoral; width: 20px; height: 20px; margin-bottom: 5px;"></div> <div style="background-color: lightblue; width: 20px; height: 20px; margin-bottom: 5px;"></div> <div style="background-color: lightgrey; width: 20px; height: 20px;"></div> </div>
	8:15 Cycle (45) Chandler 9:15 Pilates Sidney 11:30 Yoga Melita	12:15 Strength Training (45) Various 1:00 Cancer Wellfit* Alex 1:15 Tai Chi Ty 2:00 Pink* Alex 2:30 Beginner Yoga Maya	<p>Last updated: 12/5/23</p>		<p>Cycling Studio</p> <p>Train Station</p> <p>Mind Body Studio</p> <p>Group Exercise Studio</p> <p>Virtual</p> <p><small>*Medical clearance required All classes 60 minutes unless otherwise noted</small></p>