

WEST

GROUP CLASSES

AQUA | CARDIO | CORE | SENIORS | STRENGTH | KIDS

MONDAY

5:00am GRIT® plus CORE - Mallorie
7:15am ZUMBA GOLD® - Eva
8:30am GENTLE YOGA - Beth
5:15pm BODY PUMP® 45 - Danielle
6:30pm WERQ® Dance Fitness - Tami

TUESDAY

5:00am CYCLE 60 - Angie
7:15am SENIOR FIT - Eva
8:30am FIT 30 - Jodi
9:30am BODY PUMP® 45 - Casi
5:15pm BODY ATTACK® 45 - Lindsay
6:30pm YOGA - Brooke

WEDNESDAY

5:00am BODY PUMP® 45- Jennifer M.
7:15am ZUMBA GOLD® - Eva
8:30am CYCLE 60 - Mary
5:15pm BODY PUMP® 45 - Mallorie/Lindsay
6:30pm WERQ® Dance Fitness - Kayla

THURSDAY

5:00am CYCLE 60 - Angie
7:15am SENIOR FIT - Mallorie
9:30am BODY PUMP® 45 - Casi
5:15pm BODY ATTACK® 45 - Mackenzie
6:30pm YOGA - Brooke

FRIDAY

5:00am BOOTCAMP 45 - Jennifer M
8:30am YOGA - Jodi

SATURDAY

8:00am BODY PUMP® 45 - Lindsay
9:15am CYCLE 45 - Kennedy/Jessica
10:30am WERQ® Dance Fitness - Rotation
12:00pm BOOT CAMP - Dan

**LES MILLS® classes: BODYATTACK®, BODYCOMBAT®,
BODYPUMP®, BODYSTEP®, GRIT®, and RPM®**

EAST

GROUP CLASSES

AQUA | CARDIO | CORE | SENIORS | STRENGTH | KIDS

MONDAY

8:00am FIT 45 - Charlie
12:00pm BODY PUMP® 45 - Johnna
5:15pm BOOT CAMP 45 - Carliss

TUESDAY

5:15am BOOTCAMP 45 - Charlie
12:00pm BOX FIT 45 - Eli
12:00pm YOGA 45 - Samantha
5:15pm WERQ® Dance Fitness 45 - Sara
6:30pm BODY PUMP® 45 - Jen H/Tara G

WEDNESDAY

8:00am FIT 45 - Charlie
12:00pm BOOT CAMP 45 - Carliss
5:15pm BOOT CAMP 45 - Carliss

THURSDAY

5:15am BOOTCAMP 45 - Charlie
12:00pm BOX FIT 45 - Carliss
12:00pm YOGA 45- Samantha
5:15pm WERQ® Dance Fitness 45 - Sara
6:30pm BODY PUMP® 45 - Johnna

FRIDAY

8:00am FIT 45 - Charlie
12:00pm CARDIO STEP 45 - Carliss

SATURDAY

8:00am BODY PUMP® - Johnna
9:30am BOOTCAMP - Carliss
11:00am ZUMBA® - Courtney

SUNDAY

1:00pm WERQ® - Jen H

LES MILLS® classes: BODYATTACK®, BODYCOMBAT®,
BODYPUMP®, BODYSTEP®, GRIT®, and RPM®

NORTH

GROUP CLASSES

AQUA | CARDIO | CORE | SENIORS | STRENGTH | KIDS

MONDAY

5:00am CYCLE 45 - Haley
9:00am AQUA ZUMBA - Courtney
9:00am BODY PUMP® - Mellissa
10:30am SENIOR FIT - Marie
12:00pm FIT 45 - Catherine
5:15pm BOOTCAMP 45 - Jen B
6:30pm BODY FLOW® - Kai

TUESDAY

5:00am FIT 60 - Catherine
8:00am AQUA FIT - Severin
9:00am ZUMBA® TONING - Courtney
9:00am SENIOR AQUA - Severin
10:30am YOGA - Chrissie
12:00pm BOOT CAMP 45 - Sarah T
5:15pm BODY PUMP® 45 - Mackenzie
6:30pm GAUNTLET - Glenn (BBall Court)

WEDNESDAY

5:00am CYCLE 45 - Tara G
9:00am AQUA ZUMBA - Courtney
9:00am BODY PUMP® - Mellissa
10:30am SENIOR FIT - Marie
12:00pm FIT 45 - Catherine
5:15pm BODY ATTACK® 45 - Catherine
6:30pm YOGA - Jen H

THURSDAY

5:00am FIT 60 - Catherine
8:00am AQUA FIT - Severin
9:00am ZUMBA® TONING - Courtney
9:00am SENIOR AQUA - Severin
10:30am YOGA - Penny
12:00pm - BOOT CAMP 45 - Sarah T
5:15pm BODY PUMP® 45 - Haley
6:30pm GAUNTLET - Glenn (BBall Court)

FRIDAY

5:00am BOOTCAMP - Jen H
9:00am BODY PUMP® - Mellissa
10:30am SENIOR FIT - Marie

SATURDAY

9:00am BODY FLOW® - Becca/Kai
10:30am BODY PUMP® 45 - Haley/Jen H
10:30am GAUNTLET - Glenn (BBall Court)

LES MILLS® classes: **BODYATTACK®**, **BODYCOMBAT®**,
BODYPUMP®, **BODYSTEP®**, **GRIT®**, and **RPM®**

NEWBURGH

GROUP CLASSES

AQUA | CARDIO | CORE | SENIORS | STRENGTH | KIDS

MONDAY

8:00am SENIOR AQUA - Vicki
9:00am BODY ATTACK® 45 - Dana
9:00am AQUA FIT - Vicki
9:00am BARRE PILATES - Jeannie (SB)
10:30am WERQ® Dance Fitness - Kayla
10:30am YOGA - Lisa C. (SB)
5:15pm BODY PUMP® 45 - Theresa
6:30pm ZUMBA® - Courtney

TUESDAY

5:00am BOOT CAMP 45 - Tara
8:00am GRIT® - Dana
9:00am AQUA ZUMBA - Dana
9:00am BODY PUMP® 45 - Mallorie
10:30am SENIOR FIT - Charlie
5:15pm BODY STEP® 45 - Theresa
6:30pm AQUA ZUMBA® - Courtney

WEDNESDAY

5:00am BODY PUMP® 45 - Mallorie/Tara
8:00am SENIOR AQUA - Vicki
9:00am STRONG NATION® 45 - Dana
9:00am AQUA FIT - Vicki
9:00am BARRE PILATES - Jeannie (SB)
10:30am WERQ® Dance Fitness - Rachel
10:30am YOGA - Chrissie (SB)
5:15pm BODY PUMP® 45 - Haley
6:30pm ZUMBA® - Courtney
6:30pm YOGA - Lisa (SB)

THURSDAY

5:00am BOOT CAMP 45 - Tara M
8:00am GRIT® - Dana
9:00am AQUA ZUMBA - Mallorie
9:00am BODY PUMP® 45 - Dana
10:30am SENIOR FIT - Charlie
5:15pm BODY COMBAT® 45 - Theresa
6:30pm AQUA ZUMBA® - Jennifer

FRIDAY

8:00am SENIOR AQUA - Vicki
9:00am BODY ATTACK® 45 Dana
10:30am WERQ® Dance Fitness - Kayla
10:30am YOGA - Chrissie (SB)

SATURDAY

8:00am STRONG NATION® 30 - Elizabeth
9:00am BARRE PILATES - Lauren (SB)
9:00am ZUMBA® - Courtney

LES MILLS® classes: BODYATTACK®, BODYCOMBAT®,
BODYPUMP®, BODYSTEP®, GRIT, and RPM®

SB - Studio B