

WEST

GROUP CLASSES

AQUA | CARDIO | CORE | SENIORS | STRENGTH | KIDS

MONDAY

5:00am GRIT® plus CORE - Jennifer M
7:15am ZUMBA GOLD® - Eva
8:30am GENTLE YOGA - Beth
10:00am RPM® Cycle - Virtual
12:00pm BODY PUMP® - Virtual
5:30pm 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
9:15am BODY PUMP® 45 - Casi
12:00pm RPM® Cycle- Virtual
5:30pm 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
10:00am CXWORX® Core - Virtual
12:00pm BODY PUMP® - Virtual
5:30pm BODY PUMP® 45 - Shannon
6:30pm WERQ® Dance Fitness - Kayla

THURSDAY

5:00am CYCLE 60 - Angie
8:30am FIT 30 - Jodi
9:15am BODY PUMP® 45 - Casi
12:00pm RPM® Cycle - Virtual
5:30pm BODY ATTACK® 45 - Mackenzie
6:30pm YOGA - Brooke

FRIDAY

5:00am BOOTCAMP 45 - Jennifer M
8:30am YOGA - Jodi
12:00pm GRIT® Strength- Virtual

SATURDAY

7:00am CYCLE 45 - Kennedy/Jessica
8:15am BODY PUMP® 45 - Lindsay
9:30am BOOT CAMP 30 - Dan
10:30am WERQ® Dance Fitness - Rotation

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

EAST

GROUP CLASSES

AQUA | CARDIO | CORE | SENIORS | STRENGTH | KIDS

MONDAY

6:00am CXWORX® - Virtual
8:00am FIT 45 - Charlie
12:00pm BODY PUMP® 45 - Johnna
5:30pm BOOT CAMP 45 - Carliss
6:30pm SELF-DEFENSE *Pay Class* - Eli

TUESDAY

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

WEDNESDAY

6:00am CXWORX® - Virtual
8:00am FIT 45 - Charlie
12:00pm BOOT CAMP 45 - Carliss
5:30pm BOOT CAMP 45 - Carliss
6:30pm SELF-DEFENSE *Pay Class* - Eli

THURSDAY

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

FRIDAY

6:00am CXWORX® - Virtual
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

3:00pm WERQ® - Tami

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
6:00am RPM® Cycle - Virtual
8:00am BODYPUMP® - Virtual
9:00am AQUA ZUMBA - Courtney
9:00am BODY PUMP® - Mellissa
10:30am SENIOR FIT - Marie
12:00pm FIT 45 - Catherine
5:30pm BOOTCAMP 45 - Jen B
6:30pm BODY FLOW® - Kai

TUESDAY

5:00am FIT 60 - Catherine
6:00am CXWORX® - Virtual
8:00am Les Mills BARRE - Virtual
8:00am AQUA FIT - Jeanine
9:00am ZUMBA® TONING - Courtney
9:00am SENIOR AQUA - Jeanine
10:30am YOGA - Chrissie
12:00pm BOOT CAMP 45 - Sarah T
4:30pm Body Pump® 45 - Virtual
5:30pm CYCLE 45 - Sarah T
6:30pm GAUNTLET - Glenn

WEDNESDAY

5:00am CYCLE 45 - Tara G
6:00am RPM® Cycle - Virtual
8:00am BODY PUMP® - Virtual
9:00am AQUA ZUMBA - Courtney
9:00am BODY PUMP® - Mellissa
10:30am SENIOR FIT - Marie
12:00pm FIT 45 - Catherine
5:30pm BODY PUMP® 45 - Mackenzie
6:30pm BODY FLOW® - Jen H

THURSDAY

5:00am FIT 60 - Catherine
6:00am CXWORX® - Virtual
8:00am Les Mills BARRE - Virtual
8:00am AQUA FIT - Jeanine
9:00am ZUMBA® TONING - Courtney
9:00am SENIOR AQUA - Jeanine
10:30am YOGA - Sarah T
12:00pm BOOT CAMP 45 - Sarah T
4:30pm BODY PUMP® 45 - Virtual
5:30pm CYCLE 45 - Sarah T
6:30pm GAUNTLET - Glenn

FRIDAY

5:00am BOOTCAMP - Jen H
6:00am RPM® Cycle - Virtual
8:00am BODY PUMP® - Virtual
9:00am BODY PUMP® - Mellissa
9:00am AQUA FIT - Jeanine
10:30am SENIOR FIT - Marie

SATURDAY

8:00am BODY FLOW® 45 - Virtual
9:00am BODY PUMP® - 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

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

TUESDAY

5:00am BOOT CAMP 45 - Tara
6:00am GRIT® CARDIO - Virtual
8:00am GRIT® - Mallorie
8:00am RPM® Cycle - Lynn (SB)
9:00am AQUA ZUMBA - Dana
9:00am BODY PUMP® 45 - Mallorie
10:30am SENIOR FIT - Charlie
5:30pm BODY STEP® 45 - Theresa
6:30pm YOGA - Lisa C
6:30pm AQUA ZUMBA® - Courtney

WEDNESDAY

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

THURSDAY

5:00am TRX® BOOT CAMP 45 - Tara M
6:00am GRIT® STRENGTH - Virtual
8:00am GRIT® - Mallorie
8:00am RPM® Cycle - David (SB)
9:00am AQUA ZUMBA® - Mallorie
9:00am BODY PUMP® 45 - Dana
10:30am SENIOR FIT - Charlie
5:30pm BODY COMBAT® 45 - Theresa
6:30pm YOGA - Beth T
6:30pm AQUA ZUMBA® - Jennifer

FRIDAY

6:00am CXWORX® - Virtual
8:00am SENIOR AQUA - Vicki
8:00am BODY ATTACK® 30 - Dana
9:00am ZUMBA GOLD® - Dana (SB)
9:00am WERQ® Dance Fitness - Kayla
10:30am YOGA - Chrissie (SA)

SATURDAY

8:00am STRONG NATION® 45 - Elizabeth
9:00am BARRE PILATES - Lauren
9:00am ZUMBA® - Courtney

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

SA- Studio A
SB - Studio B



GROUP CLASSES THANKSGIVING 2020

THURSDAY, NOVEMBER 26

WEST

8 a.m. Body Pump with Casi

9:15 a.m. Body Attack with Mackenzie

NORTH

8 a.m. Boot Camp with Sarah T

9:15 a.m. Zumba with Courtney

EAST

8 a.m. FIT with Elizabeth

NEWBURGH

8 a.m. Aqua Fit with Vicki

8 a.m. Body Pump with Mallorie

9:15 a.m. WERQ with Kayla

