

WEST

GROUP CLASSES

AQUA | CARDIO | CORE | SENIORS | STRENGTH | KIDS

MONDAY

5:00am GRIT® plus CORE - Jennifer M
7:15am ZUMBA GOLD® - Eva
8:15am GENTLE YOGA - Beth
9:30am BODYCOMBAT® 45 - Becca
5:30pm BODY PUMP® 45 - Danielle
6:30pm WERQ® Dance Fitness - Tami

TUESDAY

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

WEDNESDAY

5:00am BODY PUMP® 45- Jennifer M.
7:15am ZUMBA GOLD® - Eva
8:15am YOGA - Jodi
9:30am TRX® FIT 45 - Becca
5:30pm BODY PUMP® 45 - Shannon
6:30pm WERQ® Dance Fitness - Kayla

THURSDAY

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

FRIDAY

5:00am BOOTCAMP 45 - Jennifer M
8:15am CYCLE 60 - Mary

SATURDAY

7:00am GRIT® - Danielle
8:00am BODY PUMP® - Lindsay
9:30am BOOT CAMP 30 - Dan
10:30am WERQ® Dance Fitness - Rotation

SUNDAY

9:15am BODY ATTACK 45® - Lindsay
3:00pm YOGA - Brooke

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
5:30pm BOOT CAMP 45 - Carliss
6:30pm SELF-DEFENSE *Pay Class* - Eli


THURSDAY

5:15am BOOTCAMP 45 - Charlie
9:00am ZUMBA® - Courtney 
12:00pm BOX FIT 45 - Carliss
12:00pm YOGA 45 - Lauren
4:30pm WERQ® Dance Fitness 45 - Jenne
5:30pm WERQ® Dance Fitness 45 - Sara
6:30pm BODY PUMP® 45 - Haley

SUNDAY

3:00pm WERQ® Dance Fitness - Tami/Jenne

TUESDAY

5:15am BOOTCAMP 45 - Charlie
9:00am ZUMBA® - Courtney 
12:00pm BOX FIT 45 - Eli
12:00pm YOGA 45 - Lauren
4:30pm WERQ® Danace Fitness 45 - Jenne
5:30pm WERQ® Dance Fitness 45 - Sara
6:30pm BODY PUMP® 45 - Jen H/Tara G

FRIDAY

8:00am FIT 45 - Charlie
9:00am ZUMBA® GOLD - Dana
12:00pm CARDIO STEP 45 - Carliss

WEDNESDAY

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

SATURDAY

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

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

NORTH

GROUP CLASSES

AQUA | CARDIO | CORE | SENIORS | STRENGTH | KIDS

MONDAY

5:00am CYCLE 45 - Tara G/Jess W
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
8:00am AQUA FIT - Jeanine
9:00am BARRE PILATES - Lauren
9:00am SENIOR AQUA - Jeanine
10:30am YOGA - Lauren
12:00pm BOOT CAMP 45 - Sarah T
5:30pm CYCLE 45 - Sarah T
6:30pm GAUNTLET - Glenn

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
5:30pm BODY PUMP®45 - Mackenzie
6:30pm BODY FLOW® - Jen H

THURSDAY

5:00am FIT 60 - Catherine
8:00am AQUA FIT - Jeanine
9:00am BARRE PILATES - Lauren 
9:00am SENIOR AQUA - Jeanine
10:30am YOGA - Sarah T
12:00pm BOOT CAMP 45 - Sarah T
5:30pm CYCLE 45 - Sarah T
6:30pm GAUNTLET - Glenn

FRIDAY

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

SATURDAY

9:00am BODY PUMP® - Haley/Jen H
10:30am GAUNTLET - Glenn

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
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
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 (SA)
6:30pm AQUA ZUMBA® - Courtney

WEDNESDAY

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

THURSDAY

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

FRIDAY

8:00am SENIOR AQUA - Vicki
8:00am BODY ATTACK® 30 - Dana
9:00am AQUA BARRE SPLASH - Jeannie
9:00am WERQ® Dance Fitness - Kayla
10:30am YOGA - (SA) -Amanda

SATURDAY

8:00am RPM® Cycle - Rotation
8:00am STRONG NATION® 45 - Elizabeth
9:00am BARRE PILATES - Lauren
9:00am ZUMBA® - Courtney
10:30am ZUMBA® - Courtney 

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

SA- Studio A
SB - Studio B