




GROUP EXERCISE SCHEDULE

FEBRUARY 2025

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
MAT PILATES 7:15 am - Studio A Lauren	YOGA 6:00 am - Studio B Jen	FIT RIDE 7:00 am - Cycle Studio Bridgette	YOGA 6:00 am - Studio B Jen	SUNRISE CYCLE 6:00 am - Cycle Studio Susan	FLOW YOGA 8:00 am - Studio B Jen	YOGA 8:00 am - Studio A Sarah	
SCULPT 8:15 am - Studio A Allison	SUNRISE CYCLE 6:00 am - Cycle Studio Bridgette	TURNED UP 8:00 am - Studio A Ande	BOOTCAMP 6:00 am - Studio A Sarah	BOOTCAMP 8:00 am - Studio A Bridgette	BOOTCAMP 8:00 am - Studio A Sarah	MAT PILATES 9:00 am - Studio A Maria	
VIVE CYCLE 8:15 am - Cycle Studio Amy	CARDIO & CORE 8:00 am - Studio A Amy	SCULPT 9:00 am - Studio A Kitty	MAT PILATES 8:00 am - Studio A Maria	SCULPT 9:00 am - Studio A Kitty	VIVE CYCLE 8:30 am - Cycle Studio Liz	VIVE CYCLE 9:30 am - Cycle Studio Ande	
BOOTCAMP 9:15 am - Studio A Amy	FIT BARRE 8:15 am - Studio B Lori	SCULPT 10:00 am - Studio A Kitty	VIVE CYCLE 8:15 am - Cycle Studio Amy	SCULPT 10:00 am - Studio A Kitty	DANCE FITNESS 9:00 am - Studio A Vanessa	BOOTCAMP 10:30 am - Studio A Ande	
YOGA 9:30 am - Studio B Elyse	SWEAT & SCULPT 9:15 am - Studio A Bridgette		TABATA 9:15 am - Studio A Amy	R.I.I.S.E 11:00am - Studio A Lisa			
	VINYASA YOGA 9:30 am - Studio B Elyse						
					<div style="border: 1px solid black; padding: 5px; background-color: #e0e0e0;"> <p align="center">CHILD CARE HOURS</p> <p>Daytime Monday- Sunday 8am to 11am</p> <p>Nighttime Monday- Wednesday 4:00pm to 7:00pm</p> </div>		
BOOTCAMP 4:00 pm - Studio A Kitty	KB SWING & SCULPT 5:15 pm - PT Studio Kitty	POWER FLOW 5:00 pm - Studio B Alison	MAT PILATES 5:30 pm - Studio A Lauren				
CARDIO & CORE 5:00 pm - Studio A Bridgette	ARMS + ABS 6:00 pm - Studio A Brier	DANCE FITNESS 5:00 pm - Studio A*** Sofia & Lily					
DANCE FITNESS 6:00 pm - Studio A Vanessa		BUNS & GUNS 6:00 pm - Studio A Brier					
	:SAVE THE DATE: 2/4 at 10AM POP UP w JEANNINE MUSCLES IN MOTION	***SAVE THE DATE 2/12 at 7PM GALENTINE'S DAY DIVA DANCE CLASS					
		<i>No 5pm Dance 2/12</i>					



Shake of
the Month

CHOCOLATE BANANA