GROUP EXERCISE SCHEDULE

SEPTEMBER 2025

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAT PILATES 7:45 am - Studio B Lori	**YOGA** 6:00 am - Studio B Jen	**BOOTCAMP** 6:00 am - Studio A Bridgette	**YOGA** 6:00 am - Studio B Jen	**BOOTCAMP** 6:00 am - Studio A Sarah	**FLOW YOGA** 8:00 am - Studio B Jen	**YOGA** 8:00 am - Studio A Sarah
VIVE CYCLE 8:15 am - Cycle Studio Amy	**SUNRISE CYCLE** 6:00 am - Cycle Studio Bridgette	**VIVE CYCLE** 8:00 am - Cycle Studio Jan	**SUNRISE CYCLE** 6:00 am - Cycle Studio Susan	**VIVE CYCLE** 8:00 am - Cycle Studio Ande	**BOOTCAMP** 8:00 am - Studio A Sarah	**MAT PILATES** 9:00 am - Studio A Maria
SCULPT 8:15 am - Studio A Jan	**CARDIO & CORE** 8:00 am - Studio A Daryl	**TURNED UP** 8:00 am - Studio A Ande	**MAT PILATES** 8:00 am - Studio A Maria	**BOOTCAMP** 8:00 am - Studio A Bridgette	**VIVE CYCLE** 8:30 am - Cycle Studio Liz	**VIVE CYCLE** 9:00 am - Cycle Studio Ande
BOOTCAMP 9:15 am - Studio A Amy	**FIT BARRE** 8:15 am - Studio B Lori	**SCULPT** 9:00 am - Studio A Kitty	**VIVE CYCLE** 8:15 am - Cycle Studio Amy	**SCULPT** 9:00 am - Studio A Kitty	**DANCE FITNESS** 9:00 am - Studio A Vanessa	**BOOTCAMP** 10:00 am - Studio A Ande
YOGA 9:30 am - Studio B Elyse	**SWEAT & SCULPT** 9:15 am - Studio A Bridgette	**SCULPT** 10:00 am - Studio A Kitty	**STRETCH/MOBILITY** 8:30 am - Studio B Bridgette	**SCULPT** 10:00 am - Studio A Kitty		
	YOGA 9:30 am - Studio B Elyse		**TABATA** 9:15 am - Studio A Amy			
BOOTCAMP 4:00 pm - Studio A Kitty	**KB SWING & SCULPT** 5:15 pm - PT Studio Kitty	**BUNS & GUNS** 5:30 pm - Studio A Brier	**DANCE FITNESS** 6:00 pm - Studio A Sofia			
RHYTHM RIDE 5:15 pm - Cycle Studio Daryl	**ARMS + ABS** 5:30 pm - Studio A Brier	**YOGA** 6:30 pm - Studio B Alison				
DANCE FITNESS 6:00 pm - Studio A Vanessa						

LABOR DAY WEEKEND

Saturday & Sunday

Regular Hours & Class Schedule

LABOR DAY MONDAY ONLY

Revised Hours 6AM -12PM

No child care

No classes

CHILD CARE HOURS

Daytime

Monday- Sunday

8am to 11am

Nighttime

Monday- Wednesday

4:00pm to 7:00pm

Shake of the Month

PEANUT BUTTER DREAM