



Group Fitness Class Schedule

Due to spacing requirements, all classes will require sign-up.

Please note changes in class times and locations.

MONDAY

5:30am	BODYPUMP	Rick/Large
5:30am	WAYMO	Chandler/WAYMO
8:30am	BODYPUMP	Tamara/Large
8:30am	GRIT	Jennifer/ BB Court
8:45am	Warm Yoga Flow	Catherine/Small
9:00am	Precision Cycling	Sharron/Cycle
9:00am	Aqua Aerobics (75)	Sue/Pool
9:00am	Fast Feed	Team/Tennis
9:30am	B ⁵	Mica-Betsy/Large
10:00am	Sweat Sculpt	Jennifer/Small
10:35am	Young at Heart	Reuben/Large
Noon	BODYPUMP	Alyssa/Large
Noon	WAYMO	Ben/WAYMO
4:30pm	BODYPUMP	Steve/Large
4:15pm	WAYMO	Kim/WAYMO
5:15pm	GRIT	Mason/ WAYMO
5:30pm	Zumba	Ashley/Large
5:30pm	BODYCOMBAT	Jarrett/Small
6:00pm	RPM	Mason/Cycle
6:00pm	WAYMO	Ben/WAYMO
6:00pm	Fast Feed	Team/Tennis
6:30pm	BODYPUMP	Kim P/Large
6:30pm	LMCORE	Shannon/Smal

TUESDAY

5:30am	BODYATTACK	Corinne/Large
5:30am	Precision Cycling	Liz T/ Cycle
8:30am	Pilates Plus	Liz T/Large
8:30am	GRIT	Betsy/BB Court
9:00am	RPM	Rayna/BB Court
9:00am	WAYMO	Kim/WAYMO
9:00am	Fast Feed	Team/Tennis
9:30am	D/CUT	Bianca/Large
10:45am	Flow Yoga	Nicole O/Large
11:00am	WAYMO	Kim/WAYMO
Noon	Barre Intensity	Jordan/Large
Noon	SPRINT	Steve/Cycle
Noon	Aquaholics	TBA/Pool
12:35pm	LMCORE	Steve/Small

TUESDAY

4:15pm	Yoga Flow	Ben/Small
4:30pm	BODYATTACK	Team/Large
4:30pm	WAYMO	Chandler/WAYMO
5:30pm	BODYPUMP	Mason/Large
5:30pm	WAYMO	Chandler/WAYMO
6:00pm	SPRINT	Melissa/Cycle
6:00pm	Fast Feed	Team/Tennis
6:30pm	Zumba	Shannon/Large

WEDNESDAY

5:30am	BODYPUMP	Rick/Large
5:30am	Sprint	John B/Cycle
5:30am	WAYMO	Chandler/WAYMO
8:30am	BODYPUMP	Corinne/Large
9:00am	Precision Cycling	Sharron/Cycle
9:00am	Aquaholics	TBA/Pool
9:00am	Fast Feed (Tennis)	Team/Tennis
9:30am	BODYATTACK	Betsy/Large
10:35am	YAH	Reuben/Large
Noon	BODYPUMP	Caroline/Large
Noon	GRIT	Jennifer/WAYMO
Noon	Warm Flow Yoga	Lynnlee/Small
12:35pm	WAYMO	Ben/WAYMO
4:15pm	WAYMO	Kim/WAYMO
4:30pm	BODYPUMP Express	Steve/Large
4:55pm	LMCORE	Steve/Large
5:30pm	BODYFLOW	LeeAnn/Large
6:00pm	RPM	Tiffany/Cycle
6:00pm	WAYMO	Ben/WAYMO
6:00pm	PowerFusionYoga 75	Lara/Small
6:00pm	Fast Feed	Team/Tennis
6:30pm	Zumba	Kim/Large



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THURSDAY

5:30am	B ⁵	Team/Large
5:30am	RPM	Avery/Cycle
8:30am	Pilates Plus	Liz T/Large
8:30am	GRIT	Betsy/BB Court
9:00am	Precision Cycling	Belle/Cycle
9:00am	WAYMO	Chandler/WAYMO
9:00am	Fast Feed (Tennis)	Team/Tennis
9:30am	D/CUT	Ann/Large
10:45am	Flow Yoga	Catherine/Large
11:00am	WAYMO	Kim/WAYMO
Noon	Barre	Jordan/Large
Noon	SPRINT	Melissa/Cycle
12:35pm	LMCORE	Corinne/Small
4:30pm	BODYCOMBAT	Betsy/Large
4:30pm	WAYMO	Chandler/WAYMO
5:30pm	BODYPUMP	Jennifer/Small
5:30pm	Zumba	Ashley/Large
5:30pm	WAYMO	Chandler/WAYMO
6:00pm	RPM	Steve/Cycle
6:00pm	Fast Feed	Team/Tennis

FRIDAY

5:30am	PUMP 30/LMCORE	Kim P/Large
5:30am	RPM	John B/Cycle
5:30am	WAYMO	Chandler/WAYMO
8:30am	BODYPUMP	Caroline/Large
8:45am	Warm Flow Yoga	Nicole/Small
9:00am	RPM	Rayna/Cycle
9:00am	Fast Feed	Team/Tennis
9:30am	B ⁵	Mica-Betsy/Large
10:00am	Sweat Sculpt	Rebecca/Small
10:35am	Young at Heart	Reuben/Large
Noon	BODYPUMP	Steve/Large
Noon	GRIT	Jennifer/WAYMO
12:35	WAYMO	Kim/WAYMO
5:00pm	Slow Flow	Ben/Large

SATURDAY

8:15am	BODYPUMP	Rick/Large
8:30am	Saturday Spin	Tiffany/Cycle
8:30am	WAYMO	Chandler/WAYMO
8:30am	Fast Feed	Team/Tennis
9:30am	BODYATTACK	Team/Large
9:30am	Yoga in the Garden	Team/BGO
9:30am	Fast Feed	Team/Tennis
10:30am	D/CUT	Candace/Large
11:00am	WAYMO	Chandler/WAYMO
Noon	90 min Flow	Lara/Large

SUNDAY

1:30pm	Barre Intensity	Jordan/Large
2:30pm	Dance Fitness	Team/Large
2:30pm	BODYCOMBAT	Jarrett/Small
2:30pm	Sunday Spin	Team/Cycle
3:30pm	BODYPUMP	Kim/Large
4:00pm	90 min Warm Flow	Team/Small