



AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15-9:15 am SIMINE BARRE CARDIO GYM	5:30-6:00am JAMIE B. PILATES STUDIO	5:30-6:30am JAMIE B. TRIPLE FIT GYM	5:30-6:00am JAMIE B FUNCTIONAL FITNESS GYM	8:15-9:15 JANIE TRIPLE FIT GYM	8:00-8:30am JAMIE M GRIT GYM
7:15-8:00am&8:15-9:00am MATRIX CIRCUIT WELLNESS FLOOR	8:00-8:45am JULIE SCULPT & STRETCH STUDIO	8:15-9:15am CASEY CIRCUIT TRAINING STUDIO	8:15-9:00am MATRIX CIRCUIT WELLNESS FLOOR	8:15-9:15am JULIE SCULPT & STRETCH STUDIO	8:30-9:30am ROTATING INSTRUCTORS WATER AEROBICS POOL
7:30-8:15 & 8:30-9:30am WATER AEROBICS JANICE POOL	8:15-9:00am MATRIX CIRCUIT WELLNESS FLOOR	7:15-8:00am&8:15-9:00am MATRIX CIRCUIT WELLNESS FLOOR	8:30-9:30am MOLLIE BFIT GYM	7:15-8:00am&8:15-9:00am MATRIX CIRCUIT WELLNESS FLOOR	8:45-9:45am HEATHER BODY BALANCE STUDIO
9:30-10:00am JAMIE M. GRIT STRENGTH GYM	8:30-9:30am MOLLIE BFIT GYM	7:30-8:15 & 8:30-9:30am WATER AEROBICS DEB POOL	9:00-9:30am JESSICA CARDIO BURN STUDIO	7:30-8:15 & 8:30-9:30am WATER AEROBICS JANICE POOL	10:00-11:00am BECCA BODY PUMP STUDIO
9:30-10:30am JESSICA BODY PUMP STUDIO	9:00-9:30am JESSICA BODY PUMP STUDIO	8:15-8:45am JAMIE B. STEP GYM	9:45-10:45am JESSICA BODY BALANCE STUDIO	9:30-10:00am LILLIE FUNCTIONAL FITNESS GYM	
10:15-11:15am LIZ YOGA GYM	9:45-10:45am JAMIE M. FUNCTIONAL FITNESS GYM	9:00-10:00am SIMINE BARRE GYM	9:45-10:45am CASEY BODY PUMP GYM	9:30-10:30am HILARY HIP HOP FITNESS STUDIO	
11:30am-12:30pm PENNY SILVER STRENGTH & BALANCE LEVEL 2 STUDIO	9:45-10:45am DONNA BODY BALANCE STUDIO	9:30-10:00am AMANDA M GRIT CARDIO STUDIO	11:00-11:30am KIM BEGINNER LINE DANCING GYM	10:15-11:15am AUTUMN PILATES GYM	
11:30am-12:30pm AUTUMN SILVER SNEAKERS MSROM LEVEL 1 GYM	11:00-11:30am KIM BEGINNER LINE DANCING GYM	10:15-11:15am AUTUMN PILATES GYM	11:30am-12:30pm KIM LINE DANCING GYM	11:30am-12:30pm MOLLIE SENIOR GOLD GYM	
1:00-2:00pm SHELLEY CHAIR YOGA GYM	11:30am-12:30pm KIM LINE DANCING GYM	11:30am-12:30pm PENNY SILVER STRENGTH & BALANCE LEVEL 2 STUDIO	1:00-2:00pm DEB CHAIR YOGA GYM	SPIN SCHEDULE	
1:00-2:00pm JAMIE P. ZUMBA GOLD STUDIO	1:00-2:00pm DEB CHAIR YOGA GYM	11:30am-12:30pm AUTUMN SILVER SNEAKERS LEVEL 1 GYM	1:00-2:00pm JAMIE P. ZUMBA GOLD STUDIO	MONDAY	5:30-6:00am JAMIE B 8:15-9:00am JORDYN 6:00-6:30pm AMANDA
4:15-5:15pm CASEY BODY PUMP GYM	4:30-5:30pm DEB WATER AEROBICS POOL	5:30-6:30pm JEANNE SCULPT & TONE GYM	4:30-5:15pm JANIE BODY PUMP STUDIO	TUESDAY	8:15-9:00am JORDYN *SPIN & TONE 6:00-6:45pm LAUREN
4:00-5:00pm ADRIANA ZUMBA STUDIO	4:45-5:45pm JAMIE B. GROUP STRENGTH GYM	4:45-5:15pm JAMIE B PILATES STUDIO	4:30-5:30pm HEIDI WATER AEROBICS POOL	WEDNESDAY	8:15-8:45am SIMINE
5:00-6:00pm HILARY HIP HOP FITNESS STUDIO	6:00-7:00pm MARIE YOGA STUDIO	5:30-6:30pm JAMIE B STEP STUDIO	5:00-5:45pm JAMIE/ANDREW BARRE STRENGTH UPSTAIRS	THURSDAY	8:15-9:00am SIMINE 5:45-6:15pm AMANDA
6:15-7:15pm HEATHER- STRONGER AFTER BREAST CANCER STUDIO		6:45-7:45pm ANDREW DANCE CARDIO STUDIO	5:30-6:30pm LINE DANCING STUDIO	FRIDAY	8:30-9:30am NARCISSA
			6:45-7:45pm KYLE ZUMBA STUDIO	SATURDAY	9:15-9:45 ROTATING INSTRUCTORS