October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15-9:15 BARRE CARDIO Simine GYM	5:30-6:00AM PILATES Jamie B STUDIO	5:30-6:30AM TRIPLE FIT Jamie B GYM	5:30-6:00AM FUNCTIONAL FITNESS Jamie B GYM	8:15-9:15 TRIPLE FIT Janie GYM	8:00-8:30AM GRIT Jamie M GYM
7:15-8:00 & 8:15-9:00 MATRIX CIRCUIT Wellness Floor	8:00-8:45 SCULPT & STRETCH Julie STUDIO	8:15-9:15 CIRCUIT TRAINING Casey STUDIO	8:15-9:00 MATRIX CIRCUIT Wellness Floor	8:15-9:15 SCULPT & STRETCH Julie STUDIO	8:30-9:30 WATER AEROBICS Rotating Instructors POOL
7:30-8:15 & 8:30-9:30 WATER AEROBICS Janice POOL	8:15-9:00 MATRIX CIRCUIT Wellness Floor	7:15-8:00 & 8:15-9:00 MATRIX CIRCUIT Wellness Floor	8:30-9:30 B FIT Mollie GYM	7:15-8:00 & 8:15-9:00 MATRIX CIRCUIT Wellness Floor	8:45-9:45 BODY BALANCE Heather STUDIO
9:30-10:00 GRIT STRENGTH Jamie M GYM	8:30-9:30 B FIT Mollie GYM	7:30-8:15 & 8:30-9:30 WATER AEROBICS Deb POOL	9:00-9:30 CARDIO BURN Jessica STUDIO	7:30-8:15 & 8:30-9:30 WATER AEROBICS Janice POOL	10:00-11:00 BODY PUMP Becca STUDIO
9:30-10:30 BODY PUMP Jessica STUDIO	9:00- 9:30 BODY PUMP Jessica STUDIO	8:15-8:45 STEP Jamie B. GYM	9:45-10:45 BODY BALANCE Jessica STUDIO	9:30-10:00 FUNCTIONAL FITNESS Lillie GYM	
10:15-11:15 YOGA Liz GYM	9:45-10:15 FUNCTIONAL FITNESS Jamie M. GYM	9:00-10:00 BARRE Simine GYM	9:45-10:45 BODY PUMP Casey GYM	9:30-10:30 HIP HOP FITNESS Hilary STUDIO	
11:30-12:30 Silver Strength, Cardio & Balance Level 2 Penny STUDIO	9:45-10:45 BODY BALANCE Donna STUDIO	9:30-10:00 GRIT CARDIO Amanda M. STUDIO	11:00-11:30 BEGINNER LINE DANCING Kim GYM	10:15-11:15 PILATES Autumn GYM	
11:30-12:30 SILVER SNEAKERS Level 1 Autumn GYM	10:15-10:45 CARDIO VIBES Casey GYM	10:15-11:15 PILATES Autumn GYM	11:30-12:30 LINE DANCING Kim GYM	11:30-12:30 SENIOR GOLD Mollie GYM	
1:00-2:00 CHAIR YOGA Shelly GYM	11:00-11:30 BEGINNER LINE DANCING Kim GYM	11:30-12:30 Silver Strength & Balance Level 2 Penny STUDIO	1:00-2:00 CHAIR YOGA Deb GYM	1:00-2:00 NEW THERAPEUTIC TAI CHI FOR PARKINSON'S Shelly STUDIO	
1:00-2:00 ZUMBA GOLD Jamie P STUDIO	11:30-12:30 LINE DANCING Kim GYM	11:30-12:30 SILVER SNEAKERS LEVEL1 Autumn GYM	1:00-2:00 ZUMBA GOLD Jamie P STUDIO		
4:15- 5:15 BODY PUMP Casey GYM	1:00-2:00 CHAIR YOGA Deb GYM	4:45-5:15 PILATES Jamie B. STUDIO	4:30-5:30 BODY PUMP Janie GYM		
4:00-5:00 ZUMBA Adriana STUDIO	4:30- 5:30 WATER AEROBICS Deb POOL	5:30-6:30 SCULPT & TONE Jeanne GYM	4:30-5:30 WATER AEROBICS Heidi POOL		
5:00-6:00 HIP HOP FITNESS Hilary STUDIO	4:45-5:45 GROUP STRENGTH Jamie B. GYM	5:30-6:30 STEP Jamie B STUDIO	5:00-5:45 BARRE STRENGTH Jamie/Andrew UPSTAIRS		
5:30-6:15 NEW TRIPLE FIT Caroline GYM	5:15-5:45 CARDIO, CORE, & MORE Heidi STUDIO		5:30-6:30 LINE DANCING STUDIO		
6:15-7:15 STRONGER AFTER BREAST CANCER Heather STUDIO	6:00-7:00 YOGA Marie STUDIO		6:00-6:30 GRIT Haley GYM		
			6:45-7:45 ZUMBA Kyle STUDIO		

SPIN SCHEDULE

MONDAY: 5:30-6:00am JAMIE B
8:15-9:00am JORDYN
6:00-6:30pm AMANDA

TUESDAY: 8:15-9:00am JORDYN
*Spin & Tone 6:00-6:45pm
LAUREN

WEDNESDAY: 8:15-8:45am SIMINE

THURSDAY: 8:15-9:00am SIMINE
5:45-6:15pm AMANDA

FRIDAY: 8:30-9:30am NARCISSA

SATURDAY: 9:15-9:45 Rotating
Instructors

Revised 10/1/2026

Group Fitness Schedule