



Group Exercise Class Schedule

Effective November 4, 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-6:25am Circuit Training Kate Group Fitness Studio	5:30-6:15am Cycling Stacey C Cycling Studio	5:30-6:25am Interval Training Colleen Group Fitness Studio	5:30-6:15am Cycling Jenne Cycling Studio	5:30-6:25am Power Hour Kate Group Fitness Studio	
		7:15-8am Core + More Allie Group Fitness Studio				7:15-8am Cycling Colleen Cycling Studio
8-8:45am Cycling Stacey C Cycling Studio	8:15-9:10am Strength Colleen Group Fitness Studio	8:15-9:10am Low Impact Training Mary Beth Group Fitness Studio	8:15-9:10am Power Hour Diane Group Fitness Studio	8:15-9:10am Low Impact Training MaryBeth Group Fitness Studio	8:15-9:10am HIIT Diane Group Fitness Studio	8:15-9:05am Muscle Mix RAC Staff Group Fitness Studio
9-10am Yoga Flow Sherry Group Fitness Studio	8:30-9:15am Aquaerobics MaryBeth Pool		8:30-9:15am Aquaerobics Kerri Pool		8:30-9:15am Aquaerobics Kerri Pool	8:15-9:00am Aquaerobics Kerri Pool
	9:15-10am Cycling Megan Cycling Studio		9:15-10:10am Barre Jen Group Fitness Studio		9:15-10am Cycling Karen Cycling Studio	
	5:30-6:25pm Barre Jen Group Fitness Studio	5:45-6:30pm Cycling Kim Cycling Studio	5-5:35pm Strength Express Ashlinn Group Fitness Studio	5:45-6:30pm Cycling for Endurance Neil Cycling Studio		
	5:45-6:45pm Turn & Burn Lisa Cycling Studio	6-6:55pm HIIT Pilates Victoria Group Fitness Studio	5:45-6:30pm Cycling Stacey C Cycling Studio	5:45-6:40pm Circuit Training Lisa Group Fitness Studio		
		6:45-7:30pm Aquaerobics AnnMarie Pool	6:40-7:30pm Yoga Flow Alexis Group Fitness Studio	6:45-7:30pm Aquaerobics AnnMarie Pool		

All classes must be signed up for. Sign ups are available online or by phone 3 days in advance of class.