



Group Exercise Class Schedule

Effective February 2nd, 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-6:25am 11:11 Yoga + Meaghan New Studio	5:30-6:15am Cycling Stacey C Cycling Studio	5:30-6:25am Interval Training Colleen Group Fitness Studio	5:30-6:15am Mat Pilates Ali Group Fitness Studio	5:30-6:20am Power Hour Kate Group Fitness Studio	
8-8:45am Cycling Stacey C Cycling Studio	5:30-6:20am Circuit Training Kate Group Fitness Studio	5:45-6:30 Bootcamp + Allie Weight Room	6:30-7:15am Yoga Flow + Sherry New Studio	7:15-8am Bootcamp + Allie Basketball Court	5:45-6:30am TRX/KBELL Intervals + Colleen Basketball Court	7:15-8am Cycling Neil Cycling Studio
9-10am Yoga Flow Meaghan Group Fitness Studio	8:15-9am Strength Colleen Group Fitness Studio	7:15-8am Total Body Conditioning Allie Group Fitness Studio	8-8:45am Everyday Strength + Colleen Weight Room	8:15-9am Low Impact Training Mary Beth Group Fitness Studio	8:15-9am Circuit Training Diane Group Fitness Studio	8:15-9am Strength Colleen Group Fitness Studio
	9:15-10am Cycling Megan Cycling Studio	8:15-9am Forever Fit Mary Beth Group Fitness Studio	9-9:50am Barre Jen Group Fitness Studio	9:15-10:10am Yoga Flow + Sherry New Studio	9:15-10am Cycling Karen Cycling Studio	9:30-10:25am Vinyasa Sculpt + Abby New Studio
	5:30-6:25pm Barre Sculpt + Jen New Studio	5:15-6:05pm Strength & Sculpt Pilates Ashlinn Group Fitness Studio	5:30-6:25pm Mat Pilates + Alexis New Studio	5:15-6:10pm Power Sculpt Pilates + Ashlinn New Studio		
	5:45-6:45pm Turn & Burn Lisa Cycling Studio		5:45-6:30pm Cycling Stacey C Cycling Studio	5:30-6:25pm Circuit Training Lisa Group Fitness Studio		

All classes must be signed up for. Sign ups are available online or by phone 3 days in advance of class. Classes with a + are for RAC Plus members only. Inquire within.