



# Group Exercise Class Schedule

Effective May 22nd, 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-6:20am Circuit Training Kate Group Fitness Studio	5:30-6:15am Cycling Stacey 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 Cycling Studio	8:15-9am Strength Colleen Group Fitness Studio	7:15-8am Total Body Conditioning Allie Group Fitness Studio	9-9:50AM Barre Jen Group Fitness Studio	8:15-9am Low Impact Training Mary Beth Group Fitness Studio	8:15-9am Circuit Training Diane Group Fitness Studio	7:15-8am Cycling Neil Cycling Studio
9-10am Yoga Flow Meaghan Group Fitness Studio	9:15-10am Cycling Megan Cycling Studio	8:15-9am Forever Fit Mary Beth Group Fitness Studio			9:15-10am Cycling Karen Cycling Studio	8:15-9am Strength Colleen Group Fitness Studio
	5:15-6:05pm Strength & Sculpt Pilates Ashlinn Group Fitness Studio	5:30-6:30pm Turn & Burn Lisa Cycling Studio	5:45-6:30pm Cycling Stacey 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.