



# Group Exercise Class Schedule

Effective June 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 Cycling Colleen Cycling Studio	5:30-6:20am Power Hour Kate Group Fitness Studio	
8-8:45am Cycling Stacey Cycling Studio	8:15-9am Strength Diane Group Fitness Studio	7:15-8am Total Body Conditioning Allie Group Fitness Studio	8:30-9:15am Aquaerobics Sherry Outdoor Pool	8:15-9am Low Impact Training Mary Beth Group Fitness Studio	7:15-8:05am Total Body Conditioning Colleen Group Fitness Studio	7:15-8am Cycling Neil Cycling Studio
9-10am Yoga Flow Meaghan Group Fitness Studio	8:30-9:15am Aquaerobics Mary Beth Outdoor Pool	8:15-9am Forever Fit Mary Beth Group Fitness Studio	9-9:50AM Barre Jen Group Fitness Studio		8:15-9am Cycling Karen Cycling Studio	8:15-9am Strength Colleen Group Fitness Studio
	9:15-10am Cycling Megan Cycling Studio				8:30-9:15am Aquaerobics Diane Outdoor Pool	
	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		
			6:30-7:15pm Aquaerobics Ann Marie Outdoor Pool			

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