



## GROUP FITNESS SCHEDULE SPRING 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30 <b>Bootcamp</b> Amanda S.	5:45-6:30 <b>CYCLING</b> Christie	5:45-6:30 <b>Bootcamp</b> Amanda S.	5:45-6:30 <b>SPIN + SCULPT</b> Amanda W./Becky	5:45-6:30 <b>CYCLING</b> Haley	
9:15-10:15 WARM <b>Gentle Flow</b> Hali	9:15-10:15 <b>SPIN + SCULPT</b> Amanda W.	9:15-10:15 <b>Power Hour</b> Amanda W.	9:15-10:15 <b>SPIN + STRETCH</b> Michelle	9:15-10:15 HOT <b>Vinyasa</b> Taiyler	9:15-10:00 <b>CYCLING</b> Instructor Rotation
					10:15-11:15 HOT <b>Vinyasa</b> Instructor Rotation
12:10-12:50 <b>HIIT</b> Laurie		12:10-12:50 WARM <b>Vinyasa</b> Michelle		12:10-12:50 <b>Bootcamp</b> Julie	11:30-12:15 HOT <b>All Levels Mat Pilates</b> Instructor Rotation
5:15-6:00 <b>SPIN + SCULPT</b> Lisa	5:15-6:00 HOT <b>Level 2 Mat Pilates</b> Taiyler	5:15-6:00 <b>SPIN + SCULPT</b> Alicia	5:15-6:00 <b>TOTAL BODY BLAST</b> Julie		
6:15-7:00 <b>Step + Strength</b> Keri	6:15-7:00 HOT <b>Level 1 Mat Pilates</b> Taiyler		6:15-7:00 HOT <b>All Levels Mat Pilates</b> Taiyler		
7:00-8:00 HOT <b>Vinyasa</b> Angela		7:00-8:00 HOT <b>Vinyasa</b> Stephenie			

