



Group Fitness Class Schedule

All classes are subject to change without advance notice. Last-minute changes will only be posted on the My Wellness App. Pre-registration for all classes is required. Reservations can be made via the My Wellness App.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Fitness 450 with Chris N. Fitness 450 Studio 8:15-9:05 AM	Fitness 450 with Lisa Fitness 450 Studio 8-8:50 AM	Circuit Training with Lisa Aerobics Studio-24 6:30-7:15 AM	Fitness 450 with Christine Fitness 450 Studio 8-8:50 AM	Cycle Boot Camp with Lisa Aerobics Studio 6:30-7:15 AM	Fitness 450 with Chris S. Studio 450 8-8:50 AM	Fitness 450 with Kathy Fitness 450 Studio 8-8:50 AM
450 Cycle with Liz Cycling Studio 9-9:45 AM	A.B.S. with Diva Aerobics Studio 9-9:45 AM	Motion and Mobility with Christine Aerobics Studio 9-9:45 AM	450 Cycle with Christine Cycling Studio 9-9:45 AM	450 Cycle with Lauren Cycling Studio 9-9:45 AM	Low Intensity Interval Training with Christine Aerobics Studio 9-9:45 AM	450 Cycle with Lynn Cycling Studio 9-9:45 AM
YogaBall with Stephanie H. Mind Body Studio 9-10:00 AM	Vinyasa YOGA with Terry Mind Body Studio 9-10:00 AM	Pedal and Mobility with Lisa Cycle Strength Studio 9-9:45 AM	Body Conditioning with Stephanie R. Aerobics Studio 9-9:45 AM	Barre-Balance with Diva Mind Body Studio 9-9:45 AM	Barre Camp with Theresa Barre Studio 9:15-10:00 AM	Fitness 450 with Kathy Fitness 450 Studio 9-9:50 AM
Functional Fitness with Chris N. Aerobics Studio 9:15-10:00 AM	450 Cycle with Lauren Cycling Studio 10:10-10:55 AM	Rowfit with Cara Rowing Studio 9-9:45 AM	Strength Circuit with Christine Aerobics Studio 10-10:45 AM	Dynamic Boxing with Chris S. TRX Studio 9:30-10:15 AM	450 Cycle with Lynn Cycling Studio 10-10:45 AM	HIIT Cardio and Strength with Christine Aerobics Studio 9-9:45 AM
Vinyasa YOGA with Stephanie H. Mind Body Studio 10:10-11:10 AM	Barre None with Theresa Aerobics Studio-24 10:10-10:55 AM	Active Cardio Fusion with Diva Mind Body Studio 10-10:45 AM	Yoga/Flexibility with Terry Mind Body Studio 10-11:00 AM	Functional Fitness with Sarah Aerobics Studio 10-10:45 AM	Strength Circuit with Christine Aerobics Studio 10-10:45 AM	Restorative Yoga with Stephanie H. Mind Body Studio 9-10:00 AM
Athletic Pilates with Theresa Aerobics Studio 10:15-11:00 AM	Active Strength and Balance with Diva Mind Body Studio 10:15-11:00 AM	Dynamic Boxing with Chris S. TRX Studio 10-10:45 AM	Active Seated Yoga with Donna Aerobics Studio-24 11-11:45 AM	Restorative Pilates with Alisa Mind Body Studio 10-10:45 AM	Mat Pilates with Theresa Mind Body Studio 10:15-11:00 AM	Yoga with Stephanie H. Mind Body Studio 10:10-11:10 AM
Rowfit with Chris N. Rowing Studio 10:15-11:00 AM	Active seated Circuit with Lisa Aerobics Studio-24 11:10-11:55 AM	Mat Pilates with Alisa Aerobics Studio 10-10:45 AM	Body Conditioning with Liz Aerobics Studio 5:30-6:15 PM	Zumba with Naciri Aerobics Studio 11-11:45 AM	Active Seated Zumba GOLD with Theresa Aerobics Studio-24 11-11:45 AM	
	Zumba with Iris Mind Body Studio 11:15-12:00 PM	Zumba with Jen Aerobics Studio 11-11:45 AM		Fitness 450 with Kathy Fitness 450 Studio 4:45-5:35 PM	Zumba with Jen Aerobics Studio 12-12:45 PM	
	Body Conditioning with Christine Aerobics Studio 5:30-6:15 PM	Fitness 450 with Kathy Fitness 450 Studio 4:45-5:35 PM		450 Cycle with Kathy Cycling Studio 5:30-6:15 PM		
	Yoga with Stephanie H. Mind Body Studio 5:30-6:30 PM			Fitness 450 with Chris N. Fitness 450 Studio 6-6:50 PM		