

Fall 2025

GROUP FITNESS SCHEDULE

AUGUST 17TH - DECEMBER 13TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Herd HIIT 6:15am-7:00am <i>ThunderZone</i>	Herd HIIT 6:15am-7:00am <i>ThunderZone</i>	Herd HIIT 6:15am-7:00am <i>ThunderZone</i>	Herd HIIT 6:15am-7:00am <i>ThunderZone</i>		
Cycle 45 6:15am-7:00am <i>Studio B</i>	BODYPUMP 6:15am-7:00am <i>Studio A</i>	Cycle 45 6:15am-7:00am <i>Studio B</i>	BODYPUMP 6:15am-7:00am <i>Studio A</i>	Cycle 45 6:15am-7:00am <i>Studio B</i>	
	Hot Yoga 7:15am-8:00am <i>Yoga Studio</i>		Hot Yoga 7:15am-8:00am <i>Yoga Studio</i>	Les Mills SHAPES 7:15am-8:00am <i>Studio A</i>	
Aqua Zumba 9:00am-9:45am <i>Pool</i>		Aqua Zumba 9:00am-9:45am <i>Pool</i>			Herd HIIT 9:15am-10:15am <i>ThunderZone</i>
Silver Classic 10:15am-11:00am <i>Studio A</i>	Silver Circuit 10:00am-10:45am <i>Studio A</i>	Silver Classic 10:15am-11:00am <i>Studio A</i>	Silver Circuit 10:00am-10:45am <i>Studio A</i>	Stretch & Stability 10:15am-11:00am <i>Studio A</i>	Yoga Flow 10:00am-11:00am <i>Yoga Studio</i>
Herd Circuit 12:15 pm-1:00 pm <i>ThunderZone</i>	Herd Circuit 12:15 pm - 1:00 pm <i>ThunderZone</i>	Herd Circuit 12:15 pm-1:00 pm <i>ThunderZone</i>	Herd Circuit 12:15 pm - 1:00 pm <i>ThunderZone</i>	Yoga Flow 12:15pm-1:00pm <i>Yoga Studio</i>	Les Mills Rotating 10:30am-11:30am <i>Studio A</i>
Les Mills SHAPES 4:00pm-4:45pm <i>Studio A</i>	Les Mills CORE 4:00 pm-4:30pm <i>Studio A</i>	Les Mills SHAPES 4:00pm-4:45pm <i>Studio A</i>	Les Mills CORE 4:00 pm-4:30pm <i>Studio A</i>		Power Pilates 12:00pm-12:45pm <i>Studio A</i>
Herd HIIT 5:30pm-6:15pm <i>ThunderZone</i>	Power Pilates 5:30pm-6:15pm <i>Studio A</i>	Herd HIIT 5:30pm-6:15pm <i>ThunderZone</i>	Power Pilates 5:30pm-6:15pm <i>Studio A</i>	Power Pilates 5:30pm-6:15pm <i>Studio A</i>	 SMOOTHIE King RULE THE DAY
Hot Yoga 5:30pm-6:15pm <i>Yoga Studio</i>	Cycle 45 5:30pm-6:15pm <i>Studio B</i>	Hot Yoga 5:30pm-6:15pm <i>Yoga Studio</i>	Cycle 45 5:30pm-6:15pm <i>Studio B</i>		
BODYPUMP 5:30pm-6:30pm <i>Studio A</i>	BODYCOMBAT 5:30pm-6:30pm <i>Studio C</i>	BODYPUMP 5:30pm-6:30pm <i>Studio A</i>	BODYCOMBAT 5:30pm-6:30pm <i>Studio C</i>	<div>CHECK THE WEBSITE FOR THE MOST UP TO DATE SCHEDULE</div> <div>*No classes during home football games, 8/30, 9/7, 11/23-28</div> <div>SCAN HERE TO REGISTER</div> <div>*CLASSES OPEN 48 HOURS IN ADVANCE.</div> 	
	Yoga Flow 6:30pm-7:15pm <i>Yoga Studio</i>		Yoga Flow 6:30pm-7:15pm <i>Yoga Studio</i>		
Yin Yoga 6:30pm-7:30pm <i>Yoga Studio</i>	Les Mills SHAPES 7:00pm-7:45pm <i>Studio A</i>	Yin Yoga 6:30pm-7:30pm <i>Yoga Studio</i>	Les Mills SHAPES 7:00pm-7:45pm <i>Studio A</i>		
Cycling Explicit 7:15pm-8pm <i>Studio B</i>		Cycling Explicit 7:15pm-8pm <i>Studio B</i>			



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