

# GROUP EXERCISE CLASS SCHEDULE

Spring (8 week session) 2026  
April 12–June 6



PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Barre (305)</b> Fee: M FREE, NM \$96	4:30–5:15 p.m. Grace	10:30–11:30 a.m. Grace		10:30–11:30 a.m. Grace			
<b>BodyBalance (Les Mills)</b> *Fee: M FREE, NM \$72 (studio) Fee: M FREE, NM \$96 (305)	6:05–6:50 a.m.* Char	9:30–10:30 a.m. Romi	6:05–6:50 a.m.* Char	9:30–10:30 a.m. Romi			
<b>BodyCombat (Les Mills)</b> (Studio) Fee: M FREE, NM \$72 *Fee: M FREE, NM \$96 **Fee: M FREE, NM \$144 ***Fee: M FREE, NM \$48	5:05–6:00 a.m.** Tricia 4:30–5:30 p.m.* Sara	8:20–9:20 a.m.* Sara 4:30–5:15 p.m. Matt	5:05–6:00 a.m.** Tricia 4:30–5:30 p.m.* Sara	8:20–9:20 a.m.* Sara 4:30–5:15 p.m. Matt	5:05–6:00 a.m.** Tricia	8:20–9:20 a.m.*** Matt	
<b>BodyPump (Les Mills)</b> (Studio) Fee: M FREE, NM \$96 *Fee: M FREE, NM \$144 **Fee: M FREE, NM \$48	8:30–9:30 a.m.* Andrea 6:45–7:45 p.m. Traci	5:05–6:05 a.m.** Romi 9:30–10:30 a.m. Mandi 5:30–6:30 p.m. Brook	8:30–9:30 a.m.* Andrea 6:45–7:45 p.m. Traci	9:30–10:30 a.m. Mandi 5:30–6:30 p.m. Brook	8:30–9:30 a.m.* Andrea	9:30–10:30 a.m.** Michelle	
<b>BodyPumpHEAVY (Les Mills)</b> (Studio) Fee: M FREE, NM \$48 * Fee: M FREE, NM prorated				5:05–6:05 a.m. Romi		4:30–5:30 p.m. Traci	2:00–3:00 p.m.* Michelle/Char (pop-up dates)
<b>Cardio &amp; Tone (Studio)</b> Fee: M FREE, NM \$96 *Fee: M FREE, NM \$144	9:40–10:40 a.m.* Sandy 5:35–6:35 p.m. Emily		9:40–10:40 a.m.* Sandy 5:35–6:35 p.m. Emily		9:40–10:40 a.m.* Sandy		
<b>Cardio Drumming (305)</b> Fee: M FREE, NM \$24						9:00–9:45 a.m. Tasha	
<b>Cycling (Bike Room)</b> Fee: M FREE, NM \$72 *Fee: M FREE, NM \$36	12:10–12:40 p.m. Terri 5:30–6:15 p.m. Andrea	6:00–6:45 a.m. Stephen	12:10–12:40 p.m. Terri 5:30–6:15 p.m. Andrea	6:00–6:45 a.m. Stephen	12:10–12:40 p.m. Terri	9:30–10:15 a.m.* Tim	
<b>Kettle Bell (Room 305)</b> Fee: M FREE, NM \$72	6:00–6:30 a.m. Tricia		6:00–6:30 a.m. Tricia		6:00–6:30 a.m. Tricia		
<b>Les Mills Core (Room 305)</b> Fee: M FREE, NM \$56	5:15–5:45 a.m. Char 9:40–10:10 a.m. Stephen 5:30–6:00 p.m. Ken		5:15–5:45 a.m. Char 9:40–10:10 a.m. Stephen 5:30–6:00 p.m. Ken				
<b>Pilates Reformer</b> Call for more information							
<b>Pound (Gymnastics room)</b>							12:05–1:05 p.m. Kara
<b>Silver Sneakers (Room 306)</b> Fee: M FREE, NM \$61 *Fee: M FREE, NM \$40	10:45–11:30a.m. (Classic) Sandy 1:00–1:45 p.m. (Chair Yoga) Linda	8:30–9:15 a.m. * (Cardio) Sandy 10:30–11:15 a.m.* (Cardio) Bobbie 1:00–1:45 p.m.* (Classic) Emily	10:45–11:30a.m. (Classic) Sandy 1:00–1:45 p.m. (Chair Yoga) Linda	8:30–9:15 a.m. * (Cardio) Sandy 10:30–11:15 a.m.* (Cardio) Bobbie 1:00–1:45 p.m.* (Classic) Emily	10:45–11:30a.m. (Classic) Emily 1:00–1:45 p.m. (Chair Yoga) Linda		
<b>TRX (Gymnasium)</b> Fee: M FREE, NM \$72		6:00–6:45 a.m. Ken		6:00–6:45 a.m. Ken			
<b>Yoga</b> Fee: M FREE, NM \$48 Gymnastics Room							Deep Stretch 1:15–2:30 p.m. Kara
<b>Zumba (Studio)</b> Fee: M FREE, NM \$96		6:45–7:45 p.m. Alexandria		6:45–7:45 p.m. Alexandria			

FREE for Members, \$10 drop in per class for non-members  
New participants please arrive 10–15 minutes early