

GROUP EXERCISE CLASS SCHEDULE

Fall I (7 week session) 2026
September 6–October 24, 2026



PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Barre (305) Fee: M FREE, NM \$84		10:30–11:30 a.m. Grace		10:30–11:30 a.m. Grace			
BodyBalance (Les Mills) *Fee: M FREE, NM \$63 (studio) Fee: M FREE, NM \$84 (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			
BodyCombat (Les Mills) (Studio) Fee: M FREE, NM \$63 *Fee: M FREE, NM \$84 **Fee: M FREE, NM \$126 ***Fee: M FREE, NM \$42 ****Fee: M FREE, NM \$32	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	5:05–6:00 a.m.** Tricia	8:20–9:20 a.m.*** Matt	
BodyPump (Les Mills) (Studio) Fee: M FREE, NM \$84 *Fee: M FREE, NM \$126 **Fee: M FREE, NM \$42	8:30–9:30 a.m.* Andrea	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	
BodyPump HEAVY (Les Mills) (Studio) Fee: M FREE, NM \$42	6:45–7:45 p.m. Traci			5:05–6:05 a.m. Romi			
Cardio & Tone (Studio) Fee: M FREE, NM \$84 *Fee: M FREE, NM \$126	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		
Cardio Drumming (305) Fee: M FREE, NM \$21		5:30–6:15 p.m. Tessa					
Cycling (Bike Room) Fee: M FREE, NM \$63 *Fee: M FREE, NM \$32	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	
H.I.I.T. (Studio) Fee: M FREE, NM \$32				4:30–5:15 p.m. Matt			
Kettle Bell (Room 305) Fee: M FREE, NM \$63	6:00–6:30 a.m. Tricia		6:00–6:30 a.m. Tricia		6:00–6:30 a.m. Tricia		
Les Mills Core (Room 305) Fee: M FREE, NM \$49	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				
Pilates Reformer Call for more information							
Pound (Gymnastics room) Fee: M FREE, NM \$42							12:05–1:05 p.m. Kara
Silver Sneakers (Room 306) Fee: M FREE, NM \$53 *Fee: M FREE, NM \$35	10:45–11:30 a.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) Andrea 1:00–1:45 p.m.* (Classic) Emily	10:45–11:30 a.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) Andrea 1:00–1:45 p.m.* (Classic) Emily	10:45–11:30 a.m. (Classic) Emily 1:00–1:45 p.m. (Chair Yoga) Linda		
TRX (Gymnasium) Fee: M FREE, NM \$63		6:00–6:45 a.m. Ken		6:00–6:45 a.m. Ken			
Yoga Fee: M FREE, NM \$42 Gymnastics Room							Deep Stretch 1:15–2:30 p.m. Kara
Zumba (Studio) Fee: M FREE, NM \$84		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