

March — 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|---|--|
| STUDIO ONE | | | | | |
| BODYPUMP Karen 8:30-9:30am | Straight Up Strength Brenda 8:30-9:15am | BODYPUMP Kristen 8:30-9:30am | Straight Up Strength Kim H. 8:30-9:15am | Straight Up Strength Peggy 8:30-9:15am | BODYPUMP or Strength (Rotating weeks) 8:30-9:30am |
| Cardio Fit Kim H. 9:45-10:15am | Total Core Lynna 9:30-10:00am | | | Cardio Fit Kim H. 9:45-10:15am | |
| Strength Express Kim H. 10:15-10:45am | Straight Up Strength Lynna 10:15-11:00am | | Intro to Modern Line Dancing Kim 10:00-10:45am | | |
| C.A.R.E. Michael 11:00-11:45am | | C.A.R.E. Brenda 11:00-11:45am | | C.A.R.E. Michael 11:00-11:45am | |
| | | | | | |
| | Strengthen & Stretch Kristen 4:30-5:15pm | | Strengthen & Stretch Kelly 4:30-5:15pm | | |
| | BODYPUMP Kristen 5:30-6:15pm | HIIT Brenda 5:30-6:30pm | BODYPUMP Kristen 5:30-6:15pm | | |
| STUDIO TWO | | | | | |
| | | Yoga Michael 6:00-6:30am | | | |
| Stretch Tricia 9:00-9:45 am | Modern Line Dancing Kim 8:45-9:45am | Stretch Tricia 9:00-9:45 am | Modern Line Dancing Kim 8:45-9:45am | Stretch Tricia 9:00-9:45 am | |
| BODYBALANCE Lauralee 10:00-10:45am thru 3/13 | BODYBALANCE Jo-Ann 10:15-11:00am | BODYBALANCE Lauralee 10:00-10:45am thru 3/13 | BODYBALANCE Lauralee 10:00-10:45am thru 3/13 | Yoga Marina 10:00-10:45am | |
| Yoga Marina 10:00-10:45am Beginning 3/16 | | Yoga Marina 10:00-10:45am Beginning 3/16 | | | |
| | | | | | |
| Yoga Michael 5:30-6:15pm | Yoga/Pilates Fusion Kelly 5:30-6:30pm | | Yoga/Pilates Fusion Kelly 5:30-6:30pm | | |
| SPINNING STUDIO | | | | | |
| | | Spinning Michael 5:30-6:00am | | Spinning Shane 5:30-6:15am | |
| | Spinning Kim H. 9:30-10:15am | Spinning Kristen 9:30-10:15am | | Spinning Karen 9:30-10:00am | Spinning Rotating Instr. 9:30-10:15am |
| | | | | | |
| Spinning Michael 4:30-5:15pm | Spinning Kelly 4:30-5:15pm | | Spinning Kristen 4:30-5:15pm | | |

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|--|--|--|--|--|--|
| OPEN STUDIO | | | | | |
| Sunrise Stretch Brenda 7:15-7:30 am | Sunrise Stretch Brenda 7:15-7:30 am | | Sunrise Stretch Brenda 7:15-7:30 am | | |
| Stability Ball - CORE Brenda 8:30-9:15am | | Modern Line Dancing Renata 9:00-9:45am | | TONE Jo-Ann 9:00-9:45am | |
| SAIL Tricia 10:00-10:45am | SAIL Kim K. 10:00-10:45am | SAIL Renata 10:00-10:45am | SAIL Tricia 10:00-10:45am | SAIL Jo-Ann 10:00-10:45am | |
| | Neuro Strength Sarah 1:00-1:45pm | | Neuro Strength Sarah 1:00-1:45pm | | |
| | | | HOOP Ann 6:00-7:00pm | | |
| GYMNASIUM | | | | | |
| Straight Up Strength Brenda 5:30-6:15am (Fitness Floor) | Triple Threat Damian 5:30-6:15am | | Triple Threat Damian 5:30-6:15am | | |
| | | TRX/Circuit Damian 8:45-9:30am | Bootcamp Damian 9:15-10:00am | | HIIT Rotating Instr. 9:00-9:45am |
| | TRX Seniors Willie 11:15am - 12:00pm | | TRX Seniors Tricia 11:15am - 12:00pm | Modern Line Dancing Willie 11:15am - 12:00pm | |
| Bootcamp Peggy 5:30-6:15pm | Modern Line Dancing Willie 5:30 - 6:15pm | | Bootcamp Willie 5:30-6:15pm | | |
| AQUATIC CENTER | | | | | |
| In Too Deep Jo-Ann 7:00-7:30am | | In Too Deep Jo-Ann 7:00-7:30am | | | |
| Flex & Tone Jo-Ann 7:30-8:15am | Water Aerobics Renata 7:30-8:15am | Flex & Tone Jo-Ann 7:30-8:15am | Water Aerobics Renata 7:30-8:15am | Flex & Tone Renata 7:30-8:15am | |
| Flex & Tone Jo-Ann 8:45-9:30am | Water Aerobics Renata 8:45-9:30am | Flex & Tone Jo-Ann 8:45-9:30am | Water Aerobics Renata 8:45-9:30am | Water Aerobics Renata 8:45-9:30am | |
| Gentle Aqua Therapy Pool Jo-Ann 10:00-10:45am | | Gentle Aqua Therapy Pool Jo-Ann 10:00-10:45am | | Gentle Aqua Therapy Pool Renata 10:00-10:45am | |
| | Cardio & Strength Jo-Ann 4:30-5:15pm | | Cardio & Strength Jo-Ann 4:30-5:15pm | | |
| | Deeper Core Jo-Ann 5:15-5:45pm | | Deeper Core Jo-Ann 5:15-5:45pm | | |