

**June — 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>STUDIO ONE</b>					
<b>BODYPUMP</b> Karen 8:30-9:30am	<b>Straight Up Strength</b> Brenda 8:30-9:15am	<b>BODYPUMP</b> Kristen 8:30-9:30am	<b>Straight Up Strength</b> Kim H. 8:30-9:15am	<b>Straight Up Strength</b> Peggy 8:30-9:15am	<b>BODYPUMP or Strength</b> (Rotating weeks) 8:30-9:30am
<b>Cardio/Cut</b> Kim H. 9:45-10:30am	<b>Total Core</b> Lynna 9:30-10:00am			<b>Cardio/Cut</b> Kim H. 9:45-10:30am	
	<b>Straight Up Strength</b> Lynna 10:15-11:00am				
<b>C.A.R.E.</b> Michael 11:00-11:45am		<b>C.A.R.E.</b> Brenda 11:00-11:45am		<b>C.A.R.E.</b> Michael 11:00-11:45am	
	<b>Strengthen &amp; Stretch</b> Kristen 4:30-5:15pm		<b>Strengthen &amp; Stretch</b> Kelly 4:30-5:15pm		
	<b>BODYPUMP</b> Kristen 5:30-6:15pm	<b>HIIT</b> Brenda 5:30-6:30pm	<b>BODYPUMP</b> Kristen 5:30-6:15pm		
<b>STUDIO TWO</b>					
<b>Stretch</b> Marina 9:00-9:45 am		<b>Stretch</b> Marina 9:00-9:45 am		<b>Stretch</b> Marina 9:00-9:45 am	
<b>Yoga</b> Marina 10:00-10:45am		<b>Yoga</b> Marina 10:00-10:45am		<b>Yoga</b> Marina 10:00-10:45am	
<b>Yoga</b> Michael 5:30-6:15pm	<b>Yoga/Pilates Fusion</b> Kelly 5:30-6:30pm		<b>Yoga/Pilates Fusion</b> Kelly 5:30-6:30pm		
<b>SPINNING STUDIO</b>					
		<b>Spinning</b> Shane 5:30-6:15am		<b>Spinning</b> Michael 5:30-6:15am	
	<b>Spinning</b> Kim H. 9:30-10:15am	<b>Spinning</b> Kristen 9:30-10:15am		<b>Spinning</b> Karen 9:30-10:00am	<b>Spinning Rotating Instr.</b> 9:30-10:15am
<b>Spinning</b> Michael 4:30-5:15pm	<b>Spinning</b> Kelly 4:30-5:15pm		<b>Spinning</b> Kristen 4:30-5:15pm		

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>OPEN STUDIO</b>					
Sunrise Stretch Brenda 7:15-7:30 am Sister's Garden	Sunrise Stretch Brenda 7:15-7:30 am Sister's Garden		Sunrise Stretch Brenda 7:15-7:30 am Sister's Garden		
Cardio and Core Brenda 8:30-9:15am				TONE/BODYBALANCE Jo-Ann 9:00-9:45am Starting 6/12	
SAIL Rotating Instr. 10:00-10:45am		SAIL Rotating Instr. 10:00-10:45am		SAIL Rotating Instr. 10:00-10:45am	
			HOOP Ann 3:30-4:30pm		
<b>GYMNASIUM</b>					
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 Willie 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		
<b>AQUATIC CENTER</b>					
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		Flex & Tone Jo-Ann 7:30-8:15am			
Flex & Tone Jo-Ann 8:45-9:30am		Flex & Tone Jo-Ann 8:45-9:30am	The M/W morning classes will begin the week of 6/8		
Gentle Aqua Therapy Pool Jo-Ann 10:00-10:45am		Gentle Aqua Therapy Pool Jo-Ann 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		