

Spring 2025 Group Fitness Schedule

****subject to modification! For the most up-to-date schedule, go to IMLeagues****

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle w/ Claudia 8:30-9:15am Studio C	Grit w/ Sammie 7-7:30am Studio B	Cycle w/ Meredith 9-9:45am Studio C	Grit w/ Sammie 7-7:30am Studio B	Express Cycle w/ Makenna 9-9:30am Studio C	Mystery Cycle 10-10:45am Studio C	Yoga w/ Gabby 5-6pm Studio B
Yoga w/ Lindsey 9:30-10:30am Studio B	BodyPump w/ Sammie 8-8:30am Studio B	Yoga Sculpt w/ Maddy 10-11am Studio B	Core w/ Sammie 8-8:30am Studio B	BodyPump w/ Carly 10-11am Studio B		
Cycle w/ Marnie 11-11:45am Studio C	Cycle w/ Marnie 9:30-10:15am Studio C	BodyPump w/ Anya 11:30-12:30pm Studio B	Express Cycle w/ Erin 9-9:30am Studio C	Cycle w/ Claudia 12-12:45pm Studio C		
BodyPump w/ Margo 1-2pm Studio B	Yoga w/ Amber 11-12pm Studio B	Cycle w/ Anya 1-1:45pm Studio C	Yoga w/ Gabby 9-10am Studio A	Yoga w/ Lindsey 1:30-2:30pm Studio B		
Yoga x Pilates w/ Gabby 2:15-3:15pm Studio B	Yoga w/ Lindsey 3:30-4:30pm Studio B	Kickboxing w/ Tom 4-5pm Studio A	BodyPump w/ Grace 9:30-10:30am Studio B			
BodyPump w/ Carly 4-5pm Studio B	Zumba w/ Bella 4-5pm Studio A	BodyPump w/ Margo 4-5pm Studio B	Body Balance w/ Sammie 11:30-12:30pm Studio B			
Cycle w/ Makenna 5-5:45pm Studio C	Sprint w/ Margo 5:30-6pm Studio C	Cycle w/ Erin 6:30-7:15pm Studio C	Yoga w/ Amber 1-2pm Studio B			
Zumba w/ Rachel 5:15-6:15pm Studio A	BodyPump w/ Amber 5-6pm Studio B	Zumba w/ Rachel 6:15-7:15pm Studio B	Cycle w/ Arie 1:30-2:15pm Studio C			
Yoga w/ Maddy 6-7pm Studio B	Zumba w/ Elizabeth 7:30-8:30pm Studio B	Yoga x Pilates w/ Gabby 5:30-6:30pm Studio A	Power Up w/ Arie 1:30-2:15pm Studio C			
Kickboxing w/ Tom 6:30-7:30pm Studio A	Cycle w/ Meredith 6:30-7:15pm Studio C	BodyPump w/ Grace 7:30-8:30pm Studio B	Zumba w/ Bella 4-5pm Studio B			
Cycle w/Arie 7-7:45pm Studio C			Yoga w/ Lindsey 4:15-5:15pm Studio A			
BodyPump w/ Grace 7:15-8:15pm Studio B			Glow Zumba w/ Bri 6:45-7:45pm Studio B			
Zumba w/ Bella 7:45-8:45pm Studio A						

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