

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30 am CSI Megan Group Exercise Studio	6:00-7:00 am TRX Tamara Fitness Studio	6:00-7:00 am HIIT Tamara Group Exercise Studio	5:25-6:25 am Strength Training Megan Group Exercise Studio	8:20-8:50 am Stretch Tina Multi-Purpose Room	6:30-7:30 am Step Challenge Megan Group Exercise Studio	8:00-9:00 am BodyCombat Tony Group Exercise Studio
8:00-9:00 am HIIT Pilates Patty Group Exercise Studio	7:45-8:30 am Mat Pilates Eileen Group Exercise Studio	7:45-8:30 am ZEN Patty Group Exercise Studio	6:30-7:15 am BodyCombat Kile Group Exercise Studio	8:40-9:30 am BARRE Samantha Group Exercise Studio	8:15-9:00 am RPM Larry Multi-Purpose Room	9:00-10:00 am TRX Tamara Fitness Studio
8:45-9:30 am TRX Jennifer Fitness Studio	8:40-9:40 am BodyPump Jennifer Group Exercise Studio	8:35-9:05 am Stretch Patty/Jim Multi-Purpose Room	8:40-9:40 am BodyPump Neda Group Exercise Studio	9:30-10:30 am Yoga Jennifer Fitness Studio	8:15-9:15 am BodyPump Kile Group Exercise Studio	9:00-10:00 am Yoga Jim/Larry Multi-Purpose Room
9:00-9:30 am Stretch Kathy Multi-Purpose Room	10:30-11:30 am Chair Yoga Patty Multi-Purpose Room	8:35-9:20 am Yoga Sculpt Teresa/Patty Group Exercise Studio	9:45-10:45 am Yoga Jennifer Fitness Studio	12:00-1:00 pm Restorative Yoga Eileen Fitness Studio	9:20-9:50 am HIIT Kile Group Exercise Studio	9:15-10:00 am BARRE Laura Group Exercise Studio
9:45-10:45 am Yoga Jennifer Multi-Purpose Room	11:45 am-12:30 pm Zumba Gold Lucy Group Exercise Studio	9:15-10:00 am RPM Neda Multi-Purpose Room	10:30-11:30 am Chair Yoga Eileen Multi-Purpose Room	5:00-6:00 pm BodyCombat Tony Group Exercise Studio	10:00-11:00 am BodyPump Neda Group Exercise Studio	
10:00-10:45 am Forever Fit Tamara Group Exercise Studio	5:15-6:10 pm BodyCombat Larry Group Exercise Studio	10:30-11:30 am Chair Yoga Jim Multi-Purpose Room	11:45 am-12:30 pm Zumba Gold Lucy Group Exercise Studio			
12:00-1:00 pm BodyPump Heather/Neda Group Exercise Studio	6:00-6:45 pm BARRE Laura Fitness Studio	10:45-11:30 am Forever Fit Kathy Group Exercise Studio	5:30-6:30 pm Strength Training Tamara Fitness Studio			
5:30-6:30 pm BodyPump Heather/Kile Group Exercise Studio	6:15-7:15 pm BodyPump Larry/Kile Group Exercise Studio	12:00-1:00 pm BodyPump Jennifer Group Exercise Studio	5:30-6:30 pm Zumba Lucy Group Exercise Studio			
5:30-6:30 pm Zumba Lucy Fitness Studio		5:00-5:30 pm HIIT Kile Group Exercise Studio	6:45-7:45 pm Yoga Jim Group Exercise Studio			
6:45-7:45 pm Yoga Lauralee Group Exercise Studio		5:35-6:20 pm BodyPump Kile Group Exercise Studio				
		6:30-7:15 pm Zumba Lucy Group Exercise Studio				

See back for class descriptions or visit courtsplus.com/group-exercise for class descriptions

No outdoor shoes in studios.

Classes/Instructors subject to change without notice.

Updated 10/28/24