

| | | | |
|------------------|-----------------------------------|-------------------|--|
| Monday | | | |
| 5:00 - 5:50 AM | Recovery Yoga | Group X Studio | Jennifer |
| 6:00 - 7:00 | Cardio Kickboxing | Group X Studio | Robin |
| 8:00 - 9:00 | Torch N Tone | Group X Studio | Lacey |
| 9:00 - 10:00 | Slow Burn | Group X Studio II | Mardy |
| 9:00 - 10:00 | Aqua Aerobics | Pool | Janet |
| 10:00- 11:00 | Aqua Arthritic | Pool | Janet |
| 10:00 - 10:45 | Pound | Group X Studio | Courtney |
| 4:00 - 4:45 PM | Spin | Group X Studio II | Angela |
| 4:10 - 4:55 PM | Cardio Kickboxing | Group X Studio | Robin |
| 5:00 - 5:50 | Stak'd Dance Bootcamp | Group X Studio | Erinn |
| 5:00 - 6:00 | Strength and Agility | Group X Studio II | Janna |
| 6:00 - 7:00 | Barbell | Group X Studio | Ashley |
| 6:00 - 7:00 | Aqua Zumba | Pool | Nerian |
| Tuesday | | | |
| 6:00 - 7:00 AM | Bootcamp | Group X Studio | Robin |
| 8:00 - 9:00 AM | Tabata and Tone | Group X Studio | Robin |
| 9:30 - 10:30 | Barbell | Group X Studio | Mardy |
| 4:15 - 5:00 PM | Zumba | Group X Studio | Ashley |
| 5:15 - 6:00 | Stakd Step | Group X Studio | Erinn |
| 5:15 - 6:15 | Tabata/Mashup | Group X Studio II | Joel |
| 6:00 - 6:45 | Twerk N Tone Dance Fitness | Group X Studio | Ally W |
| 6:25 - 7:25 | Spin and Strength | Group X Studio II | Angela |
| Wednesday | | | |
| 5:00 - 5:50 AM | Power Yoga | Group X Studio | Jennifer |
| 6:00 - 7:00 | Cardio HIIT | Group X Studio | Robin |
| 8:00 - 9:00 | Power Hour | Group X Studio | Shari/Ashley D (Rotate every other week) |
| 9:00 - 10:00 | Aqua Aerobics | Pool | Janet |
| 9:00 - 10:00 | Total Body Circuit | Group X Studio I | Ashley D |
| 10:00- 11:00 | Aqua Arthritic | Pool | Janet |
| 10:00 - 10:45 | Strong 45 | Group X Studio II | Courtney |
| 10:00 - 11:00 | Tabata by Tara | Group X Studio | Tara |
| 4:00 - 4:45 PM | Pure Strength | Group X Studio II | Angela |
| 4:00 - 4:45 PM | Zumba/Turn Up (Alternates Weekly) | Group X Studio | Ally W |
| 5:00 - 5:50 | SWEAT Revolution | Group X Studio | Erinn |
| 5:15 - 6:00 | BootyWork Express | Group X Studio II | Lacey |
| 6:00 - 6:55 | Barbell | Group X Studio | Ashley |
| 6:00 - 7:00 | Aqua Zumba | Pool | Nerian |
| Thursday | | | |
| 6:00 - 7:00 AM | Cardio HIIT | Group X Studio | Robin |
| 8:00 - 9:00 | Cardio Kickboxing | Group X Studio | Robin |
| 8:15 - 8:45 | SpinSprint | Group X Studio II | Mardy |
| 9:00 - 10:00 | Barbell | Group X Studio | Mardy |
| 4:15 - 5:00 PM | Zumba | Group X Studio | Ashley |
| 5:15 - 6:15 | The Mashup | Group X Studio | Lacey |
| 5:15 - 6:00 | Spin Rhythms | Group X Studio II | Ally M |
| 6:30-7:00 | Pilates | Group X Studio | Erika |
| Friday | | | |
| 6:00 - 7:00 AM | Bootcamp | Turf Room | Robin |
| 7:00-8:00 AM | Spin and Strength | Group X Studio II | Angela |
| 8:00 - 9:00 | Power Hour | Group X Studio | Shari |
| 9:00 - 10:00 | Aqua Aerobics | Pool | Janet |
| 9:00 - 10:00 | HIIT Strength | Group X Studio | Mardy |
| 10:00- 11:00 | Aqua Arthritic | Pool | Janet |
| 10:00 - 10:45 | Bootywork Express | Group X Studio II | Tara |
| 10:00 -11:00 | Spin to the Hits | Group X Studio | Erika |
| 4:15 - 5:15 PM | Cardio HIIT | Group X Studio | Robin |
| 5:30 - 6:15 | Torch N Tone | Group X Studio | Lacey |
| Saturday | | | |
| 8:00 - 9:00 AM | Cardio Kickboxing | Group X Studio | Robin |
| 9:30 - 10:30 | The Mashup | Group X Studio | Erinn |
| 10:00 - 11:00 | Aqua Zumba | Pool | Nerian |
| 11:00 - 12:00 | Pilates | Group X Studio | Erika |
| Sunday | | | |
| 9:00 -10:30 AM | Bounce, Burn. Butts and Guts | Group X Studio | Robin |
| 11:30 - 12:15 PM | Turn Up Fitness | Group X Studio | Ally W |
| 5:00 - 6:00 | Yin Yoga | Group X Studio | Katelyn |
| 6:00 - 7:00 | Dynamic Yoga | Group X Studio | Katelyn |