

Group Fitness Schedule Fall 2026

Monday		Tuesday		Wednesday		Thursday	
Barre w/ Sienna 6:45-7:30am WC302	Employee Yoga Fusion w/ Adrea 12:15-1:00pm WC312	Barre w/ Rhodalene 7:15-8:00am WC302	Heated Mat Pilates w/Laurel 7:30-8:15am WC312	Reformer Pilates w/ Jennifer 7:15-8:00am WC312	Spin Party w/ Hailey 7:30-8:15am WC302	Yoga Sculpt w/Laurel 7:15-8:00am WC312	Barre w/ Natalia 7:30-8:15am WC302
Bootcamp w/ Stephanie 12:30-1:15pm WC302	Reformer Pilates w/ Jodi 5:30-6:15pm WC312	Reformer Pilates Advanced w/ Deborah 12:30-1:15pm WC312	Reformer Pilates Beginner w/ Deborah 1:15-2:00pm WC312	Employee Reformer Pilates w/Julie 11:00-11:45am WC312	Vinyasa Yoga w/ Nicole R. 12:00-12:45pm WC312	Reformer Pilates Advanced w/ Amy 12:30-1:15pm WC312	Reformer Pilates Beginner w/ Amy 1:15-2:00pm WC312
Boxing Flow w/ Ka'imi 5:45-6:30pm WC302	Hot Yoga w/ Adrea 6:45-7:30pm WC312	Mat Pilates w/ Julie 5:30-6:15pm WC312	Spin w/Gina 6:00-6:45pm WC302	Reformer Pilates Beginner w/ Amy 1:15-2:00pm WC312	Yoga Sculpt w/ Adrea 5:30-6:15pm WC312	Reformer Pilates w/ Jodi 5:30-6:15pm WC312	Cardio Dance w/ Madison 6:15-7:00pm WC302
Spin Party w/Gina 7:15-8:00pm WC302		Hot Yoga w/Nicole G. 8:15-9:00pm WC312		Heated Mat Pilates w/Laurel 6:30-7:30pm WC312	Strength HIIT w/Nicole G. 8-8:45pm WC302	Heated Barre Burn w/ Natalia 6:45-7:30pm WC312	
Friday		Saturday		Sunday		SCAN HERE TO REGISTER 	
Reformer Pilates w/ Olivia 7:30-8:15am WC312	Core Mat Pilates w/ Deborah 12:30-1:15pm WC312	Strength Lab w/Stephanie 9:30-10:15am WC302		Reformer Pilates w/ Julie 11:00-11:45am WC312			
Reformer Pilates w/ Jenn 4:30-5:15pm WC312		Heated Barre Burn w/ Natalia 10:00-10:45am WC312		Yin Yoga w/ Kellyann 8:00-8:45pm WC312			
		Hot Yoga w/Bella 12-12:45 pm WC312					