

WEST

Group Fit Classes

Apr/May/Jun 2024

MONDAY

5:00am **BOOT CAMP 45** Julie A/Danielle S
7:00am **ZUMBA GOLD 45** Eva K
8:00am **YOGA 45** Brittany N
9:00am **BODYPUMP 60** Casi S
5:30pm **BODYPUMP 45** Jade C/Jessica B
6:30pm **WERQ DANCE FIT 60** Holly H

TUESDAY

5:00am **CYCLE 45** Angie H
7:00am **SENIOR FIT 45** Eva K
8:00am **WERQ DANCE FIT 45** Alyssa M
9:00am **SHAPES 45** Casi S
4:30pm **GLUTES CAMP 45** Ellie H
5:30pm **BODYATTACK 45** Elizabeth F
6:30pm **YOGA 60** Brooke A

WEDNESDAY

5:00am **BODYPUMP 45** Lindsay S
7:00am **ZUMBA GOLD 45** Eva K
8:00am **YOGA 45** Brittany N
9:00am **BODYPUMP 60** Casi S
5:30pm **BODYPUMP 45** Shannon C
6:30pm **WERQ DANCE FIT 60** Madeline M

THURSDAY

5:00am **CYCLE 45** Angie H
7:00am **SENIOR FIT 45** Elizabeth F
8:00am **ZUMBA 45** Britni G
9:00am **GLUTES CAMP 60** Ellie H
4:30pm **GLUTES CAMP 45** Ellie H
5:30pm **BODYATTACK 45** Shante T
6:30pm **YOGA 60** Brooke A

FRIDAY

5:00am **BOOT CAMP 45** Jen M
7:00am **GENTLE YOGA 45** Eva K
9:00am **SHAPES 45** Casi S

SATURDAY

7:00am **GRIT+ 45** Danielle S
8:00am **BODYPUMP 60** Shannon C
9:15am **WERQ DANCE FIT 60** Rotation

SUNDAY

3:00pm **YOGA 60** Brooke A



EAST

Group Fit Classes

Apr/May/Jun 2024

MONDAY

5:15am **CYCLEX 45** *Jessica W*
8:00am **BOOT CAMP 45** *Charlie D*
10:30am **SENIOR FIT 45** *Charlie D*
12:00pm **BODYPUMP 45** *Johnna L*
5:30pm **CYCLEX 45** *Melanie S*
5:30pm **BOOT CAMP 45** *Carliss R*
6:30pm **ZUMBA 60** *Courtney H*

TUESDAY

5:00am **BOOT CAMP 45** *Charlie D*
8:15am **SHAPES 45** *Jamey B*
9:15am **ZUMBA 60** *Courtney H*
10:30am **ZUMBA GOLD 45** *Dona C*
12:00pm **CYCLEX 45** *Carliss R*
12:00pm **YOGA 45** *Lisa C*
5:30pm **CYCLEX 45** *Angie H*
5:30pm **WERQ DANCE FIT 45** *Sara C*
6:30pm **SHAPES 45** *Alyssa M*

WEDNESDAY

5:00am **BODY PUMP 45** *Chelsea H*
8:00am **BOOT CAMP 45** *Charlie D*
10:30am **SENIOR FIT 45** *Charlie D*
12:00pm **BOX FIT 45** *Carliss R*
5:30pm **CYCLEX 45** *Carliss R*
5:30pm **BOOT CAMP 45** *Elizabeth F*

THURSDAY

5:15am **CYCLEX 45** *Jessica W*
8:15am **SHAPES 45** *Jessica B*
9:15am **ZUMBA 60** *Courtney H*
10:30am **ZUMBA GOLD 45** *Dona C*
12:00pm **CYCLEX 45** *Carliss R*
12:00pm **YOGA 45** *Lisa C*
5:30pm **CYCLEX 45** *Sienna C*
5:30pm **WERQ DANCE FIT 60** *Sara C*

FRIDAY

8:00am **BOOT CAMP 45** *Charlie D*
9:00am **YOGA 60** *Beth T*
10:30am **SENIOR FIT 45** *Charlie D*
12:00pm **BODYPUMP 45** *Jade C*

SATURDAY

7:00am **SHAPES 45** *Rotation*
8:00am **CYCLEX 45** *Rotation*
8:00am **BODYPUMP 60** *Johnna L*
9:15am **ZUMBA 60** *Courtney H*
10:30am **GAUNTLET 60** *Glenn U*

SUNDAY

3:00pm **CYCLEX 45** *Mallorie C*
3:00pm **WERQ DANCE FIT 60** *Rotation*



NORTH

Group Fit Classes

Apr/May/June 2024

MONDAY

5:00am **CORE + CARDIO 45** Jen H
8:00am **ZUMBA TONING 45** Kai P
9:00am **BODYPUMP 60** Mellissa R
9:00am **AQUA ZUMBA 45** Courtney H
10:30am **SENIOR FIT 45** Marie H
12:00pm **SHAPES 45** Jessica B
5:30pm **BOOT CAMP 45** Jen B
6:30pm **GLUTES CAMP 60** Glenn U
6:30pm **AQUA FIT 60** Kylie D

TUESDAY

5:00am **BODYPUMP 45** Tara G
8:00am **POUND 45** Lisa C
8:00am **AQUA FIT 45** Jeanine W
9:00am **BARRE PILATES 60** Kayla T
9:00am **SENIOR AQUA 45** Jeanine W
10:30am **YOGA 60** Sarah T
12:00pm **BOOT CAMP 45** Leslie H
4:30pm **BODYPUMP 45** Haley T
6:30pm **GAUNTLET 60** Glenn U

WEDNESDAY

5:00am **CORE + CARDIO 45** Tara G
8:00am **ZUMBA TONING 45** Kai P
9:00am **BODYPUMP 60** Jessica B
10:30am **SENIOR FIT 45** Marie H
12:00pm **SHAPES 45** Jessica B
5:30pm **BOOT CAMP 45** Haley T
6:30pm **GLUTES CAMP 60** Glenn U
6:30pm **AQUA ZUMBA 45** Courtney H

THURSDAY

5:00am **BODYPUMP 45** Mackenzie H
8:00am **POUND 45** Lisa C
8:00am **AQUA FIT 45** Jeanine W
9:00am **BARRE PILATES 60** Jamey B
9:00am **SENIOR AQUA 45** Jeanine W
10:30am **YOGA 60** Sarah T
12:00pm **BOOT CAMP 45** Leslie H
4:30pm **BODYPUMP 45** Tara G
6:30pm **GAUNTLET 60** Glenn U

FRIDAY

5:00am **SUNRISE YOGA 45** Jen H
9:00am **BODYPUMP 60** Haley T
9:00am **AQUA FIT 45** Jeanine W
10:30am **SENIOR FIT 45** Marie H

SATURDAY

8:00am **WERQ DANCE FIT 60** Jen H
9:15am **BODYPUMP 60** Haley T
10:30am **POUND 60** Lisa C

SUNDAY

3:00pm **BODYPUMP 60** Mackenzie H



NEWBURGH

Group Fit Classes

Apr/May/Jun 2024

MONDAY

5:00am **SHAPES 45** *Natalie T*
8:00am **BARRE PILATES 45** *Jeannie E*
8:00am **SENIOR AQUA 45** *Vicki P*
9:00am **AQUA FIT 45** *Vicki P*
9:00am **WERQ DANCE FIT 60** *Kayla T*
10:30am **YOGA 60** *Jamey B*
5:30pm **BODYPUMP 45** *Theresa K*
6:30pm **BODYCOMBAT 45** *Crystal M*

TUESDAY

5:00am **BOOT CAMP 45** *Tara M*
8:00am **BODYATTACK 45** *Elizabeth F*
9:00am **AQUA BARRE 45** *Natalie T*
9:00am **BODYPUMP 60** *Mallorie C*
10:30am **SENIOR FIT 45** *Charlie D*
6:30pm **YOGA 60** *Nicole D*
6:30pm **AQUA FIT 45** *Vicki P*

WEDNESDAY

5:00am **BODYPUMP 60** *Tara M*
8:00am **BARRE PILATES 45** *Jeannie E*
8:00am **SENIOR AQUA 45** *Vicki P*
9:00am **AQUA ZUMBA 45** *Makenzie H*
9:00am **WERQ DANCE FIT 60** *Rachel M*
10:30am **YOGA 60** *Lisa C*
5:30pm **BODYPUMP 45** *Theresa K*
6:30pm **WERQ DANCE FIT 60** *Kayla T*

THURSDAY

5:00am **TRX FIT 45** *Tara M*
8:00am **TRX FIT 45** *Mallorie C*
9:00am **BODYPUMP 60** *Mallorie C*
9:00am **AQUA FIT 45** *Vicki P*
10:30am **SENIOR FIT 45** *Charlie D*
5:30pm **SHAPES 45** *Natalie T*
6:30pm **POUND 60** *Makenzie H*
6:30pm **AQUA FIT 45** *Vicki P*

FRIDAY

5:00am **BODYPUMP 60** *Megan F*
8:00am **SHAPES 45** *Crystal M*
8:00am **SENIOR AQUA 45** *Vicki P*
9:00am **WERQ DANCE FIT 60** *Kayla T*
9:00am **AQUA BARRE 45** *Jeannie E*
10:30am **YOGA 60** *Rotation*

SATURDAY

7:00am **CORE + CARDIO 45** *Elizabeth F*
8:00am **BARRE PILATES 60** *Rotation*
9:15am **BODYPUMP 60** *Theresa K/Mallorie C*

SUNDAY

8:00am **STRONG NATION 60** *Elizabeth F*

