

# 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

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## 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/Jun 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*

## 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*

## SUNDAY

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

## 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*

## 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*

## 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*

## SATURDAY

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



# 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*

## 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*  
5:30pm **BODYCOMBAT 45** *Crystal M/Theresa K*  
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*

