WEST

Group Fit Classes | Sept/Oct/Nov 2026

MONDAY

5:00am **BOOT CAMP 45** *Kalah S*
7:00am **ZUMBA GOLD 45** *Eva K*
8:00am **GENTLE YOGA 45** *Brittany N*
9:00am **SHAPES 45** *Rachael B*
5:30pm **BODYPUMP 45** *Jade C/Cady H*
6:30pm **WERQ DANCE FIT 60** *Holly H*

TUESDAY

5:00am **CYCLE 45** *Angie H*
6:00am **LES MILLS PILATES 45** *Rotation*
7:00am **SENIOR FIT 45** *Eva K*
8:00am **BEGINNER STEP 45** *Eva K*
9:00am **BODYPUMP 60** *Casi S*
6:30pm **YOGA 60** *Brooke A*

WEDNESDAY

5:00am **BODYPUMP HEAVY 45** *Lindsay S*
7:00am **ZUMBA GOLD 45** *Eva K*
8:00am **GENTLE YOGA 45** *Brittany N*
9:00am **POUND 45** *Lisa C*
5:30pm **BODYPUMP 45** *Shannon C*

THURSDAY

5:00am **CYCLE 45** *Angie H*
7:00am **SENIOR FIT 45** *Eva K*
8:00am **BEGINNER STEP 45** *Eva K*
9:00am **BODYPUMP HEAVY 60** *Casi S*
5:30pm **BOOT CAMP 45** *Kylie D*
6:30pm **YOGA 60** *Brooke A*

FRIDAY

5:00am **BOOT CAMP 45** *Rotation*
7:00am **GENTLE YOGA 45** *Eva K*
8:00am **POUND 45** *Lisa C*

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*

Updated 08.17.2026

EAST

Group Fit Classes | Sept/Oct/Nov 2026

MONDAY

5:00am **BODYPUMP HEAVY 45** *Jenn F*
5:15am **CYCLEX 45** *Jessica W*
8:00am **BOOT CAMP 45** *Charlie D*
9:00am **POUND 45** *Lisa C*
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

8:15am **PILATES 45** *Kim R*
9:15am **ZUMBA 60** *Courtney H*
10:30am **ZUMBA GOLD 45** *Dona C*
12:00pm **CYCLEX 45** *Carliss R*
12:00pm **GENTLE YOGA 45** *Brittany N*
5:30pm **CYCLEX 45** *Angie* H
5:30pm **WERQ DANCE FIT 60** *Sara C*

WEDNESDAY

5:00am **BODYPUMP 45** *Chelsea H*
6:00am **ZUMBA 45** *Dona C*
8:00am **BOOT CAMP 45** *Charlie D*
9:00am **PRE/POSTNATAL CORE FOUNDATION 45** *Katelyn L*
10:30am **SENIOR FIT 45** *Charlie D*
5:30pm **CYCLEX 45** *Carliss R*
5:30pm **BODYPUMP 60** *Shante T*

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 **HYPE HOP STEP 45** *Sara C*
6:30pm **ZUMBA 60** *Brittany M*

FRIDAY

5:00am **STRENGTH DEVEL 45** *Mallory T*
8:00am **BOOT CAMP 45** *Charlie D*
10:30am **SENIOR FIT 45** *Charlie D*
12:00pm **BODYPUMP 45** *Jade C*

First Friday of the Month
5:30pm **WERQ DANCE FIT 75** *Rachel M*

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 45** *Glenn U*

SUNDAY

7:00am **STRENGTH DEVEL 45** *Mallory T*
3:00pm **WERQ DANCE FIT 60** *Rotation*

Updated 08.17.2026

NORTH

Group Fit Classes | Sept/Oct/Nov 2026

MONDAY

5:00am **SHAPES 45** *Mallory T*
8:00am **ZUMBA 45** *Dona C*
9:00am **BODYPUMP 45** *Alyssa R*
9:00am **AQUA ZUMBA 45** *Courtney H*
10:30am **SENIOR FIT 60** *Marie H*
12:00pm **BOOT CAMP STRENGTH 45** *Leslie H*
5:30pm **BOOT CAMP 45** *Jen B*
6:30pm **GLUTES CAMP 45** *Glenn U*
6:30pm **AQUA HIIT 60** *Kylie D*

TUESDAY

5:00am **BODYPUMP 45** *Tara G*
8:00am **POUND 45** *Jamilyn M*
8:00am **AQUA FIT 45** *Sarah K*
9:00am **BARRE PILATES 60** *Kayla T*
9:00am **AQUA FIT 45** *Sarah K*
10:30am **YOGA 60** *Sarah T*
12:00pm **BOOT CAMP 45** *Leslie H*
4:30pm **BODYPUMP 45** *Emily H*
5:30pm **YOGA 45** *Alyssa R*
6:30pm **GAUNTLET 45** *Glenn U*

WEDNESDAY

5:00am **SHAPES 45** *Mallory T*
8:00am **ZUMBA 45** *Susana S*
9:00am **BODYPUMP 60** *Alyssa R*
10:30am **SENIOR FIT 60** *Marie H*
12:00pm **SHAPES 45** *Rachael B*
5:30pm **WERQ DANCE FIT 45** *Jen H*
6:30pm **GLUTES CAMP 45** *Glenn U*
6:30pm **AQUA ZUMBA 45** *Courtney H*

THURSDAY

5:00am **BODYPUMP HEAVY 45** *Mackenzie H*
8:00am **POUND 45** *Lisa C*
8:00am **AQUA FIT 45** *Sarah K*
9:00am **WERQ LIKE A BOSS 60** *Kayla T*
9:00am **AQUA FIT 45** *Sarah K*
10:30am **YOGA 60** *Sarah T*
12:00pm **BOOT CAMP 45** *Dylan B*
4:30pm **STRENGTH DEVEL 45** *Tara G*
5:30pm **SHAPES 45** *Jade C*
6:30pm **GAUNTLET 45** *Glenn U*

FRIDAY

5:00am **SUNRISE YOGA 45** *Jen H*
8:00am **BOOT CAMP 45** *Alyssa R*
9:00am **BODYPUMP 60** *Haley T*
9:00am **AQUA FIT 45** *Sarah K*
10:30am **SENIOR FIT 60** *Marie H*

SATURDAY

8:00am **WERQ DANCE FIT 60** *Jen H*
9:15am **STRENGTH DEVEL 45** *Haley T*
10:30am **POUND 60** *Lisa C*

SUNDAY

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

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NEWBURGH

Group Fit Classes | Sept/Oct/Nov 2026

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** *Alyssa R*
5:30pm **BODYPUMP 45** *Theresa K*
6:30pm **WERQ DANCE FIT 60** *Rachel M*

TUESDAY

5:00am **BOOT CAMP 45** *Tara M*
8:30am **ZUMBA 45** *Susana S*
9:00am **AQUA BARRE 45** *Natalie T*
9:30am **BODYPUMP 45** *Rachael B*
10:30am **SENIOR FIT 45** *Charlie D*
4:30pm **STRENGTH DEVEL 45** *Theresa K*
5:30pm **OG STEP 45** *Theresa K*
6:30pm **GENTLE YOGA 60** *Nicole D*
6:30pm **AQUA ZUMBA 45** *Natalie T*

WEDNESDAY

5:00am **BODYPUMP 60** *Tara M*
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** *Kai E*
10:30am **YOGA 60** *Sarah R*
5:30pm **BODYPUMP 45** *Theresa K*
6:30pm **WERQ DANCE FIT 60** *Kayla T*

THURSDAY

5:00am **TRX FIT 45** *Tara M*
8:30am **ZUMBA 45** *Susana S*
9:00am **AQUA ZUMBA 45** *Kai E*
9:30am **BODYPUMP 45** *Rachael B*
10:30am **SENIOR FIT 45** *Charlie D*
4:30pm **BODYPUMP HEAVY 45** Shante T
5:30pm **BODYCOMBAT 45** *Crystal M*
6:30pm **BARRE PILATES 60** *Natalie T*
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** *Alyssa R/Kathy E*

SATURDAY

8:00am **BARRE PILATES 60** *Rotation*
9:15am **BODYCOMBAT 60** *Theresa K/Crystal M*

Updated 08.26.2026