

# WEST

**Group Fit Classes**

*Dec. Jan. Feb 25/26*

## 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** *Casi S*  
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** *Eva K*  
7:00am **SENIOR FIT 45** *Eva K*  
8:00am **WERQ DANCE FIT 45** *Jill H*  
9:00am **BODYPUMP 60** *Casi S*  
6:30pm **YOGA 60** *Brooke A*

## WEDNESDAY

5:00am **BODYPUMP 45** *Lindsey 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*  
6:00am **LES MILLS PILATES 45** *Brittany N*  
7:00am **SENIOR FIT 45** *Eva K*  
8:00am **ZUMBA 45** *Britni G*  
9:00am **BODYPUMP 60** *Casi S*  
5:30pm **BOOT CAMP 45** *Alyssa R*  
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*  
9:00am **LES MILLS PILATES 45** *Jill H*

## 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**

*Dec. Jan. Feb 25/26*

## MONDAY

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

5:00am **BOOT CAMP 45** *Charlie D*  
8:15am **PILATES/SHAPES 45** *varies*  
9:15am **ZUMBA 60** *Courtney H*  
10:30am **ZUMBA GOLD 45** *Dona C*  
12:00pm **CYCLEX 45** *Carliss R*  
12:00pm **PILATES 45** *Kim R*  
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*  
12:00pm **STRENGTH DEVEL 45** *Elizabeth F*  
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 **WERQ DANCE FIT 60** *Sara C*

## FRIDAY

5:00am **STRENGTH DEVEL 45** *Mallory T*  
8:00am **BOOT CAMP 45** *Charlie D*  
9:00am **ATHLETIC STRETCH 45** *Kai E*  
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 60** *Glenn U*

## SUNDAY

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



# NORTH

**Group Fit Classes**

*Dec. Jan. Feb 25/26*

## MONDAY

5:00am **SHAPES 45** Jen H  
8:00am **ZUMBA 45** Susana S  
9:00am **BODYPUMP 60** Haley T  
9:00am **AQUA ZUMBA 45** Courtney H  
10:30am **SENIOR FIT 60** Marie H  
12:00pm **STRENGTH DEVEL 45** Jessica B  
5:30pm **BOOT CAMP 45** Jen B  
6:30pm **GLUTES CAMP 60** Glenn U  
6:30pm **AQUA HIIT 60** Kylie D

## THURSDAY

5:00am **BODYPUMP 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** Leslie H  
4:30pm **STRENGTH DEVEL 45** Tara G  
5:30pm **SHAPES 45** Jade C  
6:30pm **GAUNTLET 60** Glenn U

## SUNDAY

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

## 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 60** 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

## 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** Tami L  
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 **STRENGTH DEVEL 45** Haley T  
10:30am **POUND 60** Lisa C



# NEWBURGH

**Group Fit Classes**

*Dec. Jan. Feb 25/26*

## 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** *Jessica B*  
10:30am **SENIOR FIT 45** *Charlie D*  
4:30pm **STRENGTH DEVEL 45** *Theresa K*  
5:30pm **ZUMBA 45** *Brittany M*  
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** *Lisa C*  
5:30pm **BODYPUMP 45** *Theresa K*  
6:30pm **WERQ DANCE FIT 60** *Kayla T*

## THURSDAY

5:00am **TRX FIT 45** *Tara M*  
8:30am **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 **STRENGTH DEVEL 45** *Crystal M*  
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

7:00am **STRENGTH DEVEL 45** *Elizabeth F*  
8:00am **BARRE PILATES 60** *Rotation*  
9:15am **BODYCOMBAT 60** *Theresa K/Crystal M*

## SUNDAY

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

