

WEST

Group Fit Classes

June/July/Aug 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** *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 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** *Kate S*
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

June/July/Aug 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
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

SUNDAY

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



NORTH

Group Fit Classes

June/July/Aug 2026

MONDAY

5:00am **SHAPES 45** Jen H
8:00am **ZUMBA 45** Dona C
9:00am **BODYPUMP 60** Haley T
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 60** Glenn U
6:30pm **AQUA HIIT 60** Kylie D

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 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

June/July/Aug 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 **BODYCOMBAT 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 **STRENGTH DEVEL 45** *Theresa K*
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*

