

GROUP EXERCISE SCHEDULE

NOVEMBER 2025



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	BIKING (Veronica) 5:15-6:00am	KETTLEBELL (Angela) 5:15-6:00am	BIKING (Veronica) 5:15-6:00am	KETTLEBELL (Angela) 5:15-6:00am	BIKING (Angela) 5:15-6:00am		
8:30am	ZUMBA-TONING (Susy) 8:30-9:15am	ZUMBABASIC (Susy) 8:30-9:15am	ZUMBASENTAO (Susy) 8:30-9:15am	ZUMBABASIC (Susy) 8:30-9:15am	ZUMBA-TONING (Susy) 8:30-9:15am	BIKING (instructor) 8:30-9:30am	
	BIKING (Rosalinda) 8:30-9:15am	STRONG (Rosalinda) 8:30-9:15am	BIKING (Rosalinda) 8:30-9:15am	STRONG (Rosalinda) 8:30-9:15am	BIKING (Sabrina) 8:30-9:15am		
		BIKING LES MILLS RPM (Virtual) 8:30-9:15am		BIKING LES MILLS RPM (Virtual) 8:30-9:15am		BODYPUMP (Stasha/Jean) 9:30-10:30am	
9:00am	LES MILLS CORE (Jenna) 9:15-9:45am				LES MILLS CORE (Jenna) 9:15-9:45am	MEDITATION (Elizabeth) 9:00-9:30am	
9:30am	SILVERSNEAKERS CARDIOFIT (Laura) 9:30-10:30am	BODYPUMP (Rosalinda) 9:35-10:35am	SILVERSNEAKERS CARDIOFIT (Laura) 9:30-10:30am	BODYPUMP (Rosalinda) 9:35-10:35am	SILVERSNEAKERS MSROM 9:30-10:00am CHAIR YOGA 10am-10:30am (Gloria)	YOGA (Elizabeth) 9:30-10:30am	
10:00am	YOGA (Jenna) 10:00-11:00am		YOGA (Rosalinda) 10:00-11:00am		YOGA (Jenna) 10:00-11:00am		
12:10pm	KETTLEBELL (Kristie) 12:10-12:50pm	BIKING LES MILLS RPM (Virtual) 12:10-1:00pm	KETTLEBELL (Kristie) 12:10-12:50pm	BIKING LES MILLS RPM (Virtual) 12:10-1:00pm			
3:45pm							ZUMBA (Daphene) 3:45-4:30pm
5:30pm	BIKING (Megan) 5:30-6:15pm	BIKING (Sabrina) 5:30-6:15pm	BIKING (Laura) 5:30-6:15pm	BIKING (Sabrina/Angela) 5:30-6:15pm			
	ZUMBA (Keir) 5:30-6:15pm	BODYPUMP (Veronica) 5:30-6:30pm	ZUMBA (Keir) 5:30-6:15pm	BODYPUMP (Veronica) 5:30-6:30pm			
	KETTLEBELL (Erin) 5:30-6:15pm			YOGA (Jenna) 5:30-6:30pm			
	ZUMBA KIDS (Gloria) 5:30-6:15pm		ZUMBA KIDS (Gloria) 5:30-6:15pm				
5:45pm		POUND KIDS (Juana) 5:45-6:15pm		POUND KIDS (Juana) 5:45-6:15pm			
6:30pm	BIKING (Lupe) 6:30-7:15pm	ZUMBA (Mayra) 6:35-7:15pm		ZUMBA (Daphene) 6:30-7:15pm			
		BIKING LES MILLS RPM (Virtual) 6:30-7:15pm	BIKING LES MILLS RPM (Virtual) 6:30-7:15pm	BIKING LES MILLS RPM (Virtual) 6:30-7:15pm			
Spin Room  Spin Room (Virtual Class)  Aerobics Room A  Aerobics Room B  Teen Room/Upstairs  SAFETY PROCEDURES: Must wipe down all class equipment before and after use.							