

GROUP EXERCISE SCHEDULE

OCTOBER 2026



	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		
5:30am		BODYPUMP (Veronica) 5:15-6:15am		BODYPUMP (Veronica) 5:15-6:15am			
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			
9:00am	LES MILLS CORE (Jenna) 9:15-9:45am				LES MILLS CORE (Jenna) 9:15-9:45am		
9:30am	SILVERSNEAKERS CARDIOFIT (Laura) 9:30-10:30am	BODYPUMP (Rosalinda) 9:35-10:35am BODYPUMP October 6, 20 BODYPUMP HEAVY October 13, 27	SILVERSNEAKERS CARDIOFIT (Laura) 9:30-10:30am	BODYPUMP (Rosalinda) 9:35-10:35am BODYPUMP October 8, 22 BODYPUMP HEAVY October 1, 15, 29	SILVERSNEAKERS MSROM 9:30-10:00am CHAIR YOGA 10am-10:30am (Gloria)	BODYPUMP (Stasha) 9:30-10:30am BODYPUMP October 10, 24 BODYPUMP HEAVY October 3, 17, 31	
10:00am	YOGA (Jenna) 10:00-11:00am		YOGA (Rosalinda) 10:00-11:00am		YOGA (Jenna) 10:00-11:00am		
10:30am						MEDITATION (Elizabeth) 10:30-11:00am YOGA (Elizabeth) 11:00-12:00pm	
12:10pm	KETTLEBELL (Jessica) 12:10-12:50pm	BIKING LES MILLS RPM (Virtual) 12:10-1:00pm	BIKING LES MILLS RPM (Virtual) 12:10-1:00pm	BIKING LES MILLS RPM (Virtual) 12:10-1:00pm			BIKING (Sabrina) 3:00-3:45pm October 4th, 25th
		KETTLEBELL (Jessica) 12:10-12:50PM		KETTLEBELL (Jessica) 12:10-12:50			
3:45pm							ZUMBA (Daphene) 3:45-4:30pm
5:30pm	BIKING (Nina) 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 HEAVY (Jean) 5:30-6:30pm	ZUMBA (Keir) 5:30-6:15pm	BODYPUMP (Jean) 5:30-6:30pm	ZUMBA (Keir) 5:30-6:15pm		
	KETTLEBELL (Erin) 5:30-6:15pm		KETTLEBELL (Erin) 5:30-6:15pm				
	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	BIKING (Kelly) 6:30-7:15pm	ZUMBA (Daphene) 6:30-7:15pm			
	ZUMBA BELLYDANCE (Katherine) 6:30-7:15pm	BIKING LES MILLS RPM (Virtual) 6:30-7:15pm	ZUMBA BELLYDANCE (Katherine) 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.							