



GROUP FITNESS SCHEDULE

BUILT BY COMMUNITY. POWERED BY STRENGTH.

**PLEASE NOTE: CLASSES HELD OUTSIDE OF STAFFED HOURS ARE FOR MEMBERS ONLY.
UNAUTHORIZED ENTRY BY NON-MEMBERS MAY RESULT IN TRESPASSING CHARGES.*

SUN.

1:00PM**

Strong Nation KK

2:00PM**

CIRCLMobility/KK

MON.

5:30AM

Spinning/MA

8:15AM

Spinning/MT

8:30AM*

TRX/HS

10:30AM*

SS-
Stretch/Strength/DF

5:30PM

Spinning/KS

5:30PM**

HipHop Dance/AD

6:00PM*

KickFit/TL

TUES.

5:30AM*

BodyPump/KK

8:15AM*

BodyPump/MT

9:30AM*

CIRCLMobility/KK

10:30AM*

SS Classic/DC

12:30PM*

SS Classic/DF

4:45PM*

Core/KS

5:15PM**

Zumba/JP

5:30PM*

BodyPump/TP/CP

WED.

5:30AM

Spinning/MA

8:15AM

Spinning/MT

8:30AM*

TRX/HS

12:00PM**

ZumbaQuickBurn/
JP

5:30PM

Spinning/KS

6:00PM*

KickFit/TL

THURS.

5:30AM*

BodyPump/KK

8:15AM*

BodyPump/MT

9:30AM**

BodyFusion/JM

10:30AM*

SS Classic/DC

12:30PM**

SS Classic/DF

4:45PM**

Core/KS

5:30PM**

StrongNation/KK

5:30PM*

Grit/KS

FRI.

5:30AM

Spinning/KK

8:15AM

Spinning/DR

9:30AM**

Yoga/CC

10:30AM*

SS Classic/DC

SAT.

7:00AM

Spinning/KH

8:00AM*

BodyPump/
TP/KK

INSTRUCTORS:

Chris Pegg / Dave Caldwell / Heather Dils Steneman / Jewell Pyle/ Kate Schamel / Kay Koger / Kim Smith / Mike Allen / Mike Talbot / Cindy Doner / Kim Brown/ Alisha Damholt / Sandy Jeffers / Tiffany Philbeck / Dana Flanagan/ Cierra Caldwell/ Jess McKinney

CLASS LOCATION:

Classes marked with a single asterisk(*) → Functional Training Studio
Classes marked with two asterisks (**) → Studio 1 on 2nd Floor
All Spinning Classes are in Spin Studio on 2nd Floor