

GROUP EXERCISE SCHEDULE

AUGUST 2025



MON

TUE

WED

THU

FRI

SAT

ALL CLASSES ARE 60 MINUTES UNLESS NOTED:

** = 45 MINUTE CLASS

* = 30 MINUTE CLASS

1
 5:15am MX4 Intervals*
 6:00am MX4 Intervals*
 7:15am Yoga Fusion**
 8:15am AOA Circuit**
 8:15am MX4 Intervals*
 9:00am HIIT Boxing**
 9:15am AOA Circuit**
 10:15am Strong You**

2
 8:15am Zumba

4
 5:30am HIIT
 7:00am Women on Weights**
 8:00am Cycling Express*
 8:15am Chair Zumba**
 8:15am SilverSneakers Classic**
 8:45am MX4 Intervals*
 9:15am Zumba Gold**
 9:15am SilverSneakers Classic**
 9:30am MX4 Intervals*
 10:15am Kickboxing Express*
 10:15am AOA Yoga**
 12:00pm MX4 Intervals*
 5:30pm MX4 Intervals*

5
 5:30am Cycling/HIIT Combo
 7:15am MX4 Intervals*
 8:00am MX4 Intervals*
 8:15am 30/30
 8:15am Yoga
 8:45am MX4 Intervals*
 9:30am AOA Circuit Lite**
 10:30am AOA Yoga Lite**
 6:00pm Zumba

6
 5:15am MX4 Intervals*
 5:30am Yoga Sculpt**
 6:00am MX4 Intervals*
 8:15am SilverSneakers Classic**
 8:15am HIIT Boxing**
 9:15am SilverSneakers Classic**
 9:30am Sculpt & Stretch
 10:15am AOA Strength & Stability Lite**
 12:00pm MX4 Intervals*
 4:00pm Yoga

7
 5:30am Cycling**
 7:15am MX4 Intervals*
 8:00am MX4 Intervals*
 8:15am 30/30
 8:15am Yoga
 8:45am MX4 Intervals*
 9:30am AOA Yoga Lite**
 10:30am AOA Strength & Stability**
 6:00pm Zumba Toning

8
 5:15am MX4 Intervals*
 6:00am MX4 Intervals*
 7:15am Yoga Fusion**
 8:15am AOA Circuit**
 8:15am MX4 Intervals*
 9:00am HIIT Boxing**

9
 8:15am Zumba

11
 5:30am HIIT
 7:00am Women on Weights**
 8:15am Chair Zumba**
 8:15am SilverSneakers Classic**
 9:15am Zumba Gold**
 9:15am SilverSneakers Classic**
 10:15am Strong You**
 10:15am AOA Yoga**

12
 8:15am 30/30
 8:15am Yoga
 9:30am Cardio & Conditioning**
 9:30am AOA Circuit Lite**
 10:30am AOA Yoga Lite**
 6:00pm Zumba

13
 5:30am Yoga Sculpt**
 8:15am SilverSneakers Classic**
 9:15am SilverSneakers Classic**
 9:30am Sculpt & Stretch
 10:15am AOA Strength & Stability Lite**
 4:00pm Yoga

14
 5:30am Cycling**
 7:15am MX4 Intervals*
 8:00am MX4 Intervals*
 8:15am 30/30
 8:15am Yoga
 8:45am MX4 Intervals*
 9:30am AOA Yoga Lite**
 10:30am AOA Strength & Stability**
 6:00pm Zumba Toning

15
 5:15am MX4 Intervals*
 6:00am MX4 Intervals*
 7:15am Yoga Fusion**
 8:15am AOA Circuit**
 8:15am MX4 Intervals*
 9:15am AOA Circuit**
 10:15am Strong You**

16
 8:15am Zumba

Group Exercise Classes held in Studios C & D, August 11-13,
 are cancelled due to new equipment installation.

18
 5:30am HIIT
 7:00am Women on Weights**
 8:00am Cycling Express*
 8:15am Chair Zumba**
 8:15am SilverSneakers Classic**
 8:45am MX4 Intervals*
 9:15am Zumba Gold**
 9:15am SilverSneakers Classic**
 9:30am MX4 Intervals*
 10:15am Strong You**
 10:15am Kickboxing Express*
 10:15am AOA Yoga**
 12:00pm MX4 Intervals*
 5:30pm MX4 Intervals*

19
 5:30am Cycling/HIIT Combo
 7:15am MX4 Intervals*
 8:00am MX4 Intervals*
 8:15am 30/30
 8:15am Yoga
 8:45am MX4 Intervals*
 9:30am AOA Circuit Lite**
 10:30am AOA Yoga Lite**
 6:00pm Zumba

20
 5:15am MX4 Intervals*
 5:30am Yoga Sculpt**
 6:00am MX4 Intervals*
 8:15am SilverSneakers Classic**
 8:15am HIIT Boxing**
 9:15am SilverSneakers Classic**
 9:30am Sculpt & Stretch
 10:15am AOA Strength & Stability Lite**
 4:00pm Yoga

21
 5:30am Cycling**
 7:15am MX4 Intervals*
 8:00am MX4 Intervals*
 8:15am 30/30
 8:15am Yoga
 8:45am MX4 Intervals*
 9:30am AOA Yoga Lite**
 10:30am AOA Strength & Stability**
 6:00pm Zumba Toning

22
 5:15am MX4 Intervals*
 6:00am MX4 Intervals*
 7:15am Yoga Fusion**
 8:15am AOA Circuit**
 8:15am MX4 Intervals*
 9:00am HIIT Boxing**
 9:15am AOA Circuit**
 10:15am Strong You**

23

25
 5:30am HIIT
 8:15am Chair Zumba**
 8:15am SilverSneakers Classic**
 8:45am MX4 Intervals*
 9:15am Zumba Gold**
 9:15am SilverSneakers Classic**
 9:30am MX4 Intervals*
 10:15am Strong You**
 10:15am Kickboxing Express*
 10:15am AOA Yoga**
 12:00pm MX4 Intervals*
 5:30pm MX4 Intervals*

26
 5:30am Cycling/HIIT Combo
 7:15am MX4 Intervals*
 8:00am MX4 Intervals*
 8:15am 30/30
 8:15am Yoga
 8:45am MX4 Intervals*
 9:30am Cardio & Conditioning**
 9:30am AOA Circuit Lite**
 10:30am AOA Yoga Lite**
 6:00pm Zumba

27
 5:15am MX4 Intervals*
 5:30am Yoga Sculpt**
 6:00am MX4 Intervals*
 8:15am SilverSneakers Classic**
 8:15am HIIT Boxing**
 9:15am SilverSneakers Classic**
 9:30am Sculpt & Stretch
 10:15am AOA Strength & Stability Lite**
 12:00pm MX4 Intervals*
 4:00pm Yoga

28
 5:30am Cycling**
 7:15am MX4 Intervals*
 8:00am MX4 Intervals*
 8:15am 30/30
 8:15am Yoga
 8:45am MX4 Intervals*
 9:30am AOA Yoga Lite**
 10:30am AOA Strength & Stability**
 6:00pm Zumba Toning

29
 5:15am MX4 Intervals*
 6:00am MX4 Intervals*
 7:15am Yoga Fusion**
 8:15am AOA Circuit**
 9:15am AOA Circuit**
 10:15am Strong You**

30

GROUP EXERCISE SCHEDULE BY INSTRUCTOR

Instructor list subject to change based on sub requests and fulfillment. Check GroupExPro.com for most up-to-date instructor per class.

Amy N	Cycling	Thursdays	5:30 am	Studio C – 12 Participants Max
Cynthia N	Yoga Sculpt	Wednesdays	5:30 am	Studio A – 15 Participants Max
Jane S	Strong You	Mondays & Fridays	10:15 am	Small Gym – 25 Participants Max
Jessica L	Cycling/HIIT Combo	Tuesdays	5:30 am	Studio A+C – 12 Participants Max
Karla P	Zumba	Tuesdays	6:00 pm	Studio A – 16 Participants Max
	Zumba Toning	Thursdays	6:00 pm	Studio A – 12 Participants Max
Kathy R	SilverSneakers Classic	Mondays & Wednesdays	8:15 & 9:15 am	Small Gym – 23 Participants Max
	AOA Circuit Lite	Tuesdays	9:30 am	Small Gym – 23 Participants Max
	AOA Strength & Stability	Thursdays	10:30 am	Studio A – 20 Participants Max
	AOA Strength & Stability Lite	Wednesdays	10:15 am	Small Gym – 23 Participants Max
	AOA Yoga	Mondays	10:15 am	Studio A – 22 Participants Max
	AOA Yoga Lite	Tuesdays Thursdays	10:30 am 9:30 am	Studio A – 22 Participants Max
	Yoga	Thursdays	8:15 am	Studio A – 22 Participants Max
Mary B	30/30	Tuesdays & Thursdays	8:15 am	Small Gym – 25 Participants Max
	AOA Circuit	Fridays	8:15 am	Small Gym – 25 Participants Max
Melissa C	HIIT	Mondays	5:30 am	Studio A – 16 Participants Max
	HIIT Boxing	Wednesdays Fridays	8:15 am 9:00 am	Studio D+D2 – 12 Participants Max
	Kickboxing Express	Mondays	10:15 am	Studio D+D2 – 10 Participants Max
	MX4 Intervals	Mondays Wednesdays Fridays	8:45 & 9:30 am 5:15 & 6:00 am 5:15, 6:00 & 8:15 am	Studio D – 8 Participants Max
	Sculpt & Stretch	Wednesdays	9:30 am	Studio A – 16 Participants Max
Molly M	Cardio & Conditioning	Tuesdays (every other)	9:30 am	Studio A – 16 Participants Max
	Cycling Express	Mondays	8:00 am	Studio C – 12 Participants Max
	Women on Weights	Mondays	7:00 am	Studio A – 16 Participants Max
	Yoga	Tuesdays (every other)	8:15 am	Studio A – 22 Participants Max
	Yoga Fusion	Fridays	7:15 am	Studio A – 22 Participants Max
Pam T	AOA Circuit	Fridays	9:15 am	Small Gym – 25 Participants Max
Phil J	Yoga	Wednesdays	4:00 pm	MGC Room – 14 Participants Max
Riya T	Chair Zumba	Mondays	8:15 am	Studio A – 16 Participants Max
	Zumba	Saturdays	8:15 am	Studio A – 16 Participants Max
	Zumba Gold	Mondays	9:15 am	Studio A – 18 Participants Max
Vicki H	MX4 Intervals	Mondays Tuesdays Wednesdays Thursdays	12:00 & 5:30 pm 7:15, 8:00 & 8:45 am 12:00 pm 7:15, 8:00 & 8:45 am	Studio D – 8 Participants Max