



PLEASE **REGISTER** AT THE FRONT DESK FOR
ALL GROUP EXERCISE CLASSES!

FALL I 2026 GROUP EXERCISE SCHEDULE

MONDAY

5am: Early Bird
Challenge

6am: Early Bird
Challenge

9am: Total Body Fix
(Fieldhouse)

9am: Fit 4 Life
(Fieldhouse)

5:30pm: Cardiotone
(Top Studio)

TUESDAY

5am: Early Bird
Challenge

9:30am: Gentle Lift
(Fieldhouse)

6pm: Core and Restore
(Top Studio)

WEDNESDAY

5am: Early Bird
Challenge

6am: Early Bird
Challenge

9am: Total Body Fix
(Fieldhouse)

9am: Fit 4 Life
(Top Studio)

5:30pm: Cardiotone
Drumming
(Top Studio)

THURSDAY

5am: Early Bird
Challenge

8:30am: Pietra Fitness
(Top Studio)

8:30am: Gentle Yoga w/a
Twist
(Bottom St.)

9:30am: Gentle Lift
(Fieldhouse)

6pm: Core and Restore
(Top Studio)

FRIDAY

5am: Early Bird
Challenge

6am: Early Bird
Challenge

9am: Total Body Fix
(Fieldhouse)

9am: Fit 4 Life
(Fieldhouse)

9:15am: Power Cycle
(Bottom Studio)