

2026 JUNE

GROUP FITNESS SCHEDULE

LAND

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 6-6:55a BODYPUMP™_Debbie 8:15-9:15a CMS_Ally 9:30-10:15a Barre_Kathe 9:30-10:15a Simply Pilates_Brenna 10:30-11:30a Gentle Yoga_Carly 10:30-11:15a Balance_Kate 11:30a-12:15p Movement_MaryS 12-12:30p CMS30_AnneMarie 4:30-5:15p Yoga Flow_Melissa 5:30-6:30p Step & Sculpt_Kathe	2 5:30-6a CMS30_Farley 6-6:45a Cycle_Farley 8:15-9:15a Transform™_Carly 8:30-9:15a Cardio Dance_Christina 9:30-10:30a BODYPUMP™_Hilary 10:30-11:15a Chair Yoga_Kate 11:30a-12:15p Fit Encore_MaryS 5:30-6:30p BODYPUMP™_Debbie 5:30-6:15p Pure Pilates_Brenna	3 6-6:45a TONE™_Hilary 8:15-9:15a Muscle Solution_Christina 9:30-10:15a High Fitness™_Ally 9:30-10:15a Simply Pilates_Anne 10:30-11:30a Gentle Yoga_Brenna 10:30-11:15a Chair Yoga_Christina 11:30-12:15a Movement_Kathe 12-12:30p CMS30_AnneMarie 4:30-5:15p Barre_Katie 5:30-6:30p Zumba™_Katie	4 5:30-6a CMS30_Hilary 6-6:45a Cycle_Hilary 8:30-9:15a Cardio Kick_JennaR 9:15-10:15a Yoga Flow_Brenna 9:30-10:15a TONE™_Katie 10:30-11:15a Chair Yoga_Carly 11:30a-12:15p Fit Encore_Kate 4:30-5:15p Cardio Step_Kathe 5:30-6:30p BODYPUMP™_Farley 5:30-6:15p Pure Pilates_AlliK	5 6-6:45a Cardio Core_Hilary 8:15-9:15a CMS_Melissa 9:30-10:15a Barre_Christina 9:30-10:15a Simply Pilates_Emily 10:30-11:30a Gentle Yoga_Christina 10:30-11:15a Balance_Morgan 11:30-12:15a Movement_Morgan 12-12:30p CMS30_AnneMarie 5-5:45p Zumba™_Katie	6 7:15-8:15a Cycle & Stretch_Melissa 8:30-9:15a TONE™_Katie 8:30-9:30a Yoga Flow_Brenna 9:30-10:15a Barre_Katie 10:30-11:30a Cardio Dance_Christina Sunday 7 3:30-4:30p Restorative Yoga_Christina
8 6-6:55a BODYPUMP™_Hilary 8:15-9:15a CMS_Christina 9:30-10:15a Barre_Christina 9:30-10:15a Simply Pilates_Brenna 10:30-11:30a Gentle Yoga_Melissa 10:30-11:15a Balance_Jay 11:30a-12:15p Movement_MaryS 12-12:30p CMS30_AnneMarie 4:30-5:15p Yoga Flow_Brenna 5:30-6:30p Step & Sculpt_Kathe	9 5:30-6a CMS30_Lori 6-6:45a Cycle_Lori 8:15-9:15a Transform™_Melissa 8:30-9:15a Cardio Dance_Christina 9:30-10:30a BODYPUMP™_Hilary 10:30-11:15a Chair Yoga_Kate 11:30a-12:15p Fit Encore_MaryS 5:30-6:30p BODYPUMP™_Farley 5:30-6:15p Pure Pilates_Brenna	10 6-6:45a TONE™_Hilary 8:15-9:15a Muscle Solution_Christina 9:30-10:15a High Fitness™_Jill 9:30-10:15a Simply Pilates_Brenna 10:30-11:30a Gentle Yoga_Christina 10:30-11:15a Chair Yoga_Jay 11:30-12:15a Movement_Kathe 12-12:30p CMS30_Gabe 4:30-5:15p Barre_Kathe 5:30-6:30p Zumba™_MaryB	11 5:30-6a CMS30_Nancy 6-6:45a Cycle_Nancy 8:30-9:15a Cardio Kick_JennaR 9:15-10:15a Yoga Flow_Brenna 9:30-10:15a TONE™_JennaR 10:30-11:15a Chair Yoga_Nancy 11:30a-12:15p Fit Encore_Kate 4:30-5:15p Cardio Step_Kathe 5:30-6:30p BODYPUMP™_Debbie 5:30-6:15p Pure Pilates_AlliK	12 6-6:45a Cardio Core_Hilary 8:15-9:15a CMS_Melissa 9:30-10:15a Barre_Hilary 9:30-10:15a Simply Pilates_Emily 10:30-11:30a Gentle Yoga_Christina 10:30-11:15a Balance_Morgan 11:30-12:15a Movement_Nancy 12-12:30p CMS30_Morgan 5-5:45p Zumba™_MaryB	13 7:15-8:15a Cycle & Stretch_Farley 8:30-9:15a Muscle Solution_Morgan 8:30-9:30a Yoga Flow_Brenna 9:30-10:15a Barre_Debbie 10:30-11:30a Zumba™_MaryB/Debbie Sunday 14 3:30-4:30p Restorative Yoga_Nancy
15 6-6:55a BODYPUMP™_Debbie 8:15-9:15a CMS_Carly 9:30-10:15a Barre_Katie 9:30-10:15a Simply Pilates_Brenna 10:30-11:30a Gentle Yoga_Nancy 10:30-11:15a Balance_Kate 11:30a-12:15p Movement_Nancy 12-12:30p CMS30_Gabe 4:30-5:15p Yoga Flow_Nancy 5:30-6:30p Step & Sculpt_Nancy	16 5:30-6a CMS30_Farley 6-6:45a Cycle_Farley 8:15-9:15a Transform™_Carly 8:30-9:15a Cardio Dance_Christina 9:30-10:30a BODYPUMP™_Christina 10:30-11:15a Chair Yoga_Kate 11:30a-12:15p Fit Encore_MaryS 5:30-6:30p BODYPUMP™_Debbie 5:30-6:15p Pure Pilates_Brenna	17 6-6:45a TONE™_Hilary 8:15-9:15a Muscle Solution_Nancy 9:30-10:15a High Fitness™_Ally 9:30-10:15a Simply Pilates_Anne 10:30-11:30a Gentle Yoga_Brenna 10:30-11:15a Chair Yoga_Christina 11:30-12:15a Movement_Nancy 12-12:30p CMS30_AnneMarie 4:30-5:15p Barre_Kathe 5:30-6:30p Zumba™_MaryB	18 5:30-6a CMS30_Hilary 6-6:45a Cycle_Hilary 8:30-9:15a Cardio Kick_JennaR 9:15-10:15a Yoga Flow_Brenna 9:30-10:15a TONE™_Katie 10:30-11:15a Chair Yoga_Carly 11:30a-12:15p Fit Encore_Kate 4:30-5:15p Cardio Step_Kathe 5:30-6:30p BODYPUMP™_Farley 5:30-6:15p Pure Pilates_AlliK	19 6-6:45a Cardio Core_Hilary 8:15-9:15a CMS_Nancy 9:30-10:15a Barre_Christina 9:30-10:15a Simply Pilates_Brenna 10:30-11:30a Gentle Yoga_Christina 10:30-11:15a Balance_Morgan 11:30-12:15a Movement_Morgan 12-12:30p CMS30_AnneMarie 5-5:45p Zumba™_Katie	20 7:15-8:15a Cycle & Stretch_Farley 8:30-9:15a BODYPUMP™_Debbie/Farley 8:30-9:30a Yoga Flow_Brenna 9:30-10:15a Barre_Debbie 10:30-11:30a High Fitness™_Ally/Jill Sunday 21 3:30-4:30p Restorative Yoga_Christina
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