

# GROUP FITNESS CLASS SCHEDULE

## MON

5:15am-6:00am  
**AQUA CARDIO & STRENGTH**  
Competition Pool | Melinda B.

**BOOTCAMP**  
Studio 2 | Lori S.

8:30am-9:15am  
**TOTAL STRENGTH**  
Studio 2 | Amber B.

9:00am-10:00am  
**AQUA ZUMBA®**  
Competition Pool | Ashlie V.

9:30am-10:15am  
**BOOTCAMP**  
Studio 2 | Amber B.

10:15am-11:15am  
**GENTLE YOGA**  
Studio 1 | Rachel S.

12:15pm-1:00pm  
**AQUATICS TO RESTORE HEALTH**  
Leisure Pool | Mary  
UnityPoint Physical Therapy

4:30pm-5:15pm  
**YIN YANG YOGA**  
Studio 1 | Laine R.

5:30pm-6:15pm  
**LES MILLS BODYPUMP EXPRESS**  
Studio 2 | Lori S.

**CARDIO DANCE**  
Studio 1 | Cass C.

7:00pm-7:45pm  
**MAT PILATES**  
Studio 1 | Katie S.

## TUE

5:15am-6:00am  
**AQUA CARDIO & STRENGTH**  
Competition Pool | Kate J.

**LES MILLS BODYPUMP EXPRESS**  
Studio 2 | Janet W.

**CYCLING**  
Cycle Studio | Kristi C

8:30am-9:15am  
**LES MILLS BODYPUMP EXPRESS**  
Studio 2 | Deb R.

9:00am-10:00am  
**AQUA CARDIO & STRENGTH**  
Competition Pool | Julie S.

9:30am-10:15am  
**CYCLING**  
Cycle Studio | Joanna A.

10:15am-11:00am  
**ACTIVE AGERS  
STRENGTH & STRETCH**  
Studio 2 | Julie S.

12:15pm-1:00pm  
**ENERGIZING VINYASA YOGA**  
Studio 1 | Qian M.

4:30pm-5:15pm  
**CARDIO DANCE**  
Studio 1 | Yelena M.

5:30pm-6:15pm  
**BOOTCAMP**  
Studio 2 | Heidi S.

6:30pm-7:30pm  
**AQUA BARRE**  
Competition Pool | Melinda B.

## WED

5:15am-6:00am  
**AQUA KICKBOXING**  
Competition Pool | Kate J.

**BOOTCAMP**  
Studio 2 | Janet W.

6:15am-7:00am  
**MAT PILATES**  
Studio 1 | Jolene V.

8:30am-9:15am  
**STEP**  
Studio 2 | Sara P.

9:00am-10:00am  
**AQUA CARDIO & STRENGTH**  
Competition Pool | Alie P.

**MAT PILATES**  
Studio 1 | Deb R.

9:30am-10:15am  
**BOOTCAMP**  
Studio 2 | Kristen R.

12:15pm-1:00pm  
**AQUATICS TO RESTORE HEALTH**  
Leisure Pool | Mary  
UnityPoint Physical Therapy

**GENTLE YOGA**  
Studio 1 | Rachel S.

4:30pm-5:15pm  
**BOOTCAMP**  
Studio 2 | Dawn N.

5:30pm-6:30pm  
**LES MILLS BODYPUMP**  
Studio 2 | Dawn N.

6:00pm-6:45pm  
**ENERGIZING VINYASA YOGA**  
Studio 1 | Jolene V.

6:30pm-7:30pm  
**AQUA CARDIO & STRENGTH**  
Competition Pool | Amanda G.

## THU

5:15am-6:00am  
**AQUA DEEP WATER**  
Competition Pool | Kate J.

**BARBELL STRENGTH**  
Studio 2 | Janet W.

8:30am-9:15am  
**BOOTCAMP**  
Studio 2 | Joanna A.

9:00am-10:00am  
**AQUA ZUMBA®**  
Competition Pool | Alie P.

9:30am-10:15am  
**TOTAL STRENGTH**  
Studio 2 | Kristen R.

10:15am-11:00am  
**ACTIVE AGERS  
STRENGTH & STRETCH**  
Studio 1 | Sara P.

12:15pm-12:45pm  
**CARDIO DANCE**  
Studio 1 | Whitney N.

4:30pm-5:15pm  
**LES MILLS BODYPUMP EXPRESS**  
Studio 2 | Yelena M.

5:30pm-6:15pm  
**GENTLE YOGA**  
Studio 1 | Yelena M.

6:30pm-7:30pm  
**AQUA CARDIO & STRENGTH**  
Competition Pool | Melinda B.

## FRI

5:15am-6:00am  
**BOOTCAMP**  
Studio 2 | Kari S.

6:15am-7:00am  
**CYCLING**  
Cycle Studio | Michelle A.

8:30am-9:15am  
**BARBELL STRENGTH**  
Studio 2 | Amber B.

9:00am-10:00am  
**AQUA CARDIO & STRENGTH**  
Competition Pool | Ashlie V.

9:30am-10:15am  
**CYCLING**  
Cycle Studio | Michelle A.

10:15am-11:00am  
**ZUMBA®**  
Studio 1 | Alie P.

12:15pm-1:00pm  
**MAT PILATES**  
Studio 1 | Melinda B.

## SAT

8:30am-9:15am  
**STEP**  
Studio 2 | Heidi S.

**CYCLING**  
Cycle Studio | Kristen R.

9:00am-10:00am  
**AQUA CARDIO & STRENGTH**  
Competition Pool | Melinda B.

9:30am-10:15am  
**TOTAL STRENGTH**  
Studio 2 | Kathleen M.

10:15am-11:15am  
**GENTLE YOGA**  
Studio 1 | Qian M.



Reservations are required for all group/water fitness classes.  
Reservations can be made up to 48 hours in advance using  
our online reservations system or the MyTrailPoint app.

**Effective August 21st- Dec 17th**