

# AEROBICS Schedule 2026

## MONDAY

|                       |           |                                 |                |               |
|-----------------------|-----------|---------------------------------|----------------|---------------|
| <b>5:15 - 6:30 AM</b> | <b>\$</b> | <b>Tough Fit</b>                | <b>Joseph</b>  | <b>2</b>      |
| 5:15 - 6:00 AM        |           | HIIT                            | Lexi           | 1             |
| <b>6:15 - 7:00 AM</b> | <b>\$</b> | <b>Reformer Pilates Circuit</b> | <b>Lexi</b>    | <b>Studio</b> |
| 8:00 - 9:00 AM        |           | Step & Sculpt                   | Brandy A.      | 2             |
| 9:00 - 10:00 AM       |           | YOGA                            | Susan          | 1             |
| 10:15 - 11:15 AM      |           | Low Impact Conditioning         | Mary           | 2             |
| 12:15 - 12:45PM       |           | Lunch Crunch                    | Marissa        | 2             |
| <b>4:00 - 4:50 PM</b> | <b>\$</b> | <b>Flip Fit</b>                 | <b>Marissa</b> | <b>2</b>      |
| <b>5:00 - 5:50 PM</b> | <b>\$</b> | <b>Flip Fit</b>                 | <b>Marissa</b> | <b>2</b>      |
| 6:30 - 7:30 PM        |           | Dance TONE                      | Brandy A.      | 1             |

## TUESDAY

|                       |           |                                   |               |          |
|-----------------------|-----------|-----------------------------------|---------------|----------|
| 6:30 - 7:30 AM        |           | Sweat & Tone                      | Lakyn         | 2        |
| 8:00 - 9:00 AM        |           | Cycle Fit                         | Courtney      | 2        |
| 9:00 - 10:00 AM       |           | Wall Pilates                      | Mary          | 1        |
| 11:00 - 12:00 PM      |           | Barre                             | Mary          | 2        |
| 4:00 - 5:00 PM        |           | Yoga for Strength and Flexibility | Monica        | 1        |
| <b>5:15 - 6:30 PM</b> | <b>\$</b> | <b>Tough Fit</b>                  | <b>Joseph</b> | <b>2</b> |
| <b>5:15 - 6:15 PM</b> | <b>\$</b> | <b>Zen Jitsu Power Karate</b>     | <b>Monica</b> | <b>1</b> |
| 6:30 - 7:30 PM        |           | Power Pilates                     | Lexi          | 1        |

## WEDNESDAY

|                       |           |                         |                     |          |
|-----------------------|-----------|-------------------------|---------------------|----------|
| <b>5:15 - 6:30 AM</b> | <b>\$</b> | <b>Tough Fit</b>        | <b>Joseph</b>       | <b>2</b> |
| 5:15 - 6:00 AM        |           | HIIT                    | Lexi                | 1        |
| 8:00 - 9:00 AM        |           | Total Body Sculpt       | Brandy A / Courtney | 2        |
| 9:00 - 10:00 AM       |           | Pilates                 | Mary                | 1        |
| 10:15 - 11:15 AM      |           | Low Impact Conditioning | Mary                | 2        |
| 4:00 - 5:00 PM        |           | YOGA                    | Susan               | 1        |

## THURSDAY

|                       |           |                     |               |          |
|-----------------------|-----------|---------------------|---------------|----------|
| 8:00 - 9:00 AM        |           | Row & Core          | Brandy A.     | 2        |
| 10:00 - 11:00 AM      |           | Mid-Morning Circuit | Mary          | Floor    |
| <b>5:15 - 6:30 PM</b> | <b>\$</b> | <b>Tough Fit</b>    | <b>Joseph</b> | <b>2</b> |
| 5:15 - 6:15 PM        |           | Power Pilates       | Lexi          | 1        |
| 6:30 - 7:30 PM        |           | Slow Flow Yoga      | Forrest       | 1        |
| 6:30 - 7:30 PM        |           | Dance Fit           | Brandy A.     | 2        |

## FRIDAY

|                       |           |                  |               |          |
|-----------------------|-----------|------------------|---------------|----------|
| <b>5:15 - 6:30 AM</b> | <b>\$</b> | <b>Tough Fit</b> | <b>Joseph</b> | <b>2</b> |
| 8:00 - 9:00 AM        |           | Step & Sculpt    | Brandy A.     | 2        |
| 9:00 - 10:00 AM       |           | Gentle Yoga      | Forrest       | 1        |
| 11:00 -12:00 PM       |           | Barre            | Mary          | 2        |

UPDATED 4/1/26