

GROUP EXERCISE SPRING 2025

March 31th - June 7

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING		Early Morning Cycle 8:00-8:45 am Annabelle (Studio A)	Early Morning Cycle 8:00-8:45 am Sasha (Studio A)		Early Morning Cycle 7:45-8:30 am Annabelle (Studio A)		
	Zumba 9:15-10:15 am Norkio (Studio B)		Core Fusion 9:15-9:45 am Bridgette (Studio B)	Cardio Strength Fusion 10:00-11:00 am Ellie (Studio B)	Vinyasa Yoga 10:30-11:30 am Mary (Studio B)	Vinyasa Yoga 10:00-11:00 am Karishma (Studio B)	
				Pilates 1:00-2:00 pm Kaitlyn (Studio B)			
AFTERNOON				Tai Chi 3:00-4:00 pm Daniel (Studio C)			
		Vinyasa Yoga 3:00-4:00 pm Mary (Studio B)	Barre-Inspired Strength 5:00-6:00 pm Lia (Studio C)	Vinyasa Yoga 3:00-4:00 pm Mary (Studio B)	Lower Body Conditioning 3:45-4:45 pm Angelina (Studio B)		
			Cycle 5:15-6:00 pm Heela (Studio A)	Zumba 5:15-6:15 pm Christina (Studio C)	Cycle 5:00-5:45 pm Emily (Studio A)		Total Body Strengthening 4:00-5:00 pm Angelina (Studio B)
EVENING	Cycle 5:00-5:45 pm Rotating (Studio A)	Cycle Strength 4:45-5:45 pm Sachi (Studio A/B)	Zumba 5:30-6:30 pm Kris (Studio B)			Cycle 5:00-5:45 pm Sasha (Studio A)	
		Party Cycle 6:00-6:45 pm Grace (Studio A)	Cycle 6:30-7:15 pm Emily (Studio A)	Cycle 6:00-6:45 pm Gina (Studio A)	Cycle 6:00-6:45 pm Elise (Studio A)	Zumba 6:00-7:00 pm Susana (Studio B)	
		Cardio Strength Fusion 6:00-7:00 pm Audrey (Studio B)	Total Body Strengthening 6:45-7:45 pm Ellie (Studio B)	Total Body Strengthening 6:00-7:00 pm Audrey (Studio B)	Party Cycle 7:00-7:45 pm Tara (Studio A)		
		Party Cycle 7:15-8:00 pm Gina (Studio A)	Party Cycle 7:45-8:30 pm Elise (Studio A)	Party Cycle 7:00-7:45 pm Heela (Studio A)	Hatha Yoga 7:00-8:00 pm Kaylee (Studio B)		
			Gentle Yoga 8:00-9:00 pm Ashley (Studio B)	Vinyasa Yoga 7:30-8:30 pm Karishma (Studio B)	Gentle Yoga 8:15-9:15 pm Kaylee (Studio B)		

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LIVING WELL OFFERINGS:



REGISTER FOR A CLASS:



NOTE: Admission into Group Exercise (GX) classes requires a valid GX membership. Access for participants who have a GX membership, but are not pre-registered for classes, are permitted on a first-come, first-served basis. Check-in for classes will begin 10-15 minutes prior to start time. Access is not permitted after the first 5 minutes of class. Living Well reserves the right to cancel classes or make changes to the schedule. Times and classes are subject to change or cancellation without notice. View our website for the most updated information on adjusted schedules or cancellations.