



Phoebe

Healthworks



Phoebe

February Group Fitness Schedule

2/1/2026 - 2/28/2026

Class Key:	Low Intensity	Low-Medium Intensity	Medium Intensity		Med-High Intensity	High Intensity
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a.m.	HyperX Gym Stephen	HyperX Gym Stephen	HyperX Gym Stephen	HyperX Gym Stephen		
8:00 a.m.	"RIDE" Cycling Studio Jacki		"RIDE" Cycling Studio Jacki			
9:00 a.m.	<i>FITnWELL</i> Studio 1 Sherry		<i>FITnWELL</i> Studio 1 Sherry		<i>FITnWELL</i> Studio 1 Sherry	
9:30 a.m.	<i>yoga</i> "30" Studio 1 Jacki		<i>yoga</i> "30" Studio 1 Jacki			
12:00 p.m.	Hyper X Sara	<i>yoga</i> Cycling Studio Luisa	Boot Camp Sweat Zone Nic		Pilates Mat Cycling Studio Amy	
	Boot Camp Sweet Zone Nic	TBS Studio 1 Alexis	"Steppin'It" Studio 1 Colleen			
	Hyper X Gym Sara	Hyper X Gym Nic	Hyper X Gym Sara	Hyper X Gym Nic		
		Pilates Mat Phoebe NW Amy				
12:30 p.m.					Stretching Studio 1 Sara	
5:15 p.m.	Hyper X Gym Seth	Hyper X Gym Alexis	Hyper X Gym Seth	Hyper X Gym Alexis		
5:00 p.m.	Spin Cycling Studio Renea					
5:30p.m.		Pop Fan Fitness Cycling Studio Krystal		Pop Fan Fitness Cycling Studio Krystal		
		Raise The Bar Studio 1 Adrienne		Raise The Bar Studio 1 Adrienne		
	TBS Gym Nic	TBS Gym Nic	TBS Gym Nic	TBS Gym Nic		
	YOGALATES Cycling Studio Renea					
5:35pm						
6:00pm			Spin Cycling Studio Latresa			

