



HealthWorks



August Group Fitness Schedule

7/27/2025-8/30/2025

Class Key:	Low Intensity	Low-Medium Intensity	Medium Intensity		Med-High Intensity	High Intensity
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a.m.	CrossFit	CrossFit	CrossFit	CrossFit		
8:00 a.m.	"RIDE" Cycling Studio Jacki		"RIDE" Cycling Studio Jacki			
8:45 a.m.				yoga Cycling Studio Luisa		
9:00 a.m.	FITnWELL "R.E.P.S." Studio 1 Sherry		FITnWELL "R.E.P.S." Studio 1 Sherry		FITnWELL "R.E.P.S." Studio 1 Sherry	
9:30 a.m.	yoga "30" Studio 1 Jacki		yoga "30" Studio 1 Jacki			
12:00 p.m.		yoga Cycling Studio Luisa	Boot Camp The Sweat Zone Shirley		Pilates Mat Cycling Studio Amy	
	Boot Camp Studio 1 Shirley	Total Body Sculpt Studio 1 Alexis	"Steppin'It" Studio 1 Colleen	Total Body Sculpt Studio 1 Alexis		
	CrossFit	CrossFit	CrossFit	CrossFit		
4:30 p.m.	"Spin" Cycling Studio Renea					
5:15p.m.	CrossFit	CrossFit	CrossFit	CrossFit		
5:30p.m.	YOGALATES Cycling Studio Renea	Total Body Sculpt The Sweat Zone Coleman		Pop Fan Fitness Cycling Studio Krystal		
	"Steppin'It" Studio 1 Colleen	Raise the Bar Studio 1 Adrienne		Raise the Bar Studio 1 Adrienne		
	No class on the 1st Monday of each month.	Pop Fan Fitness Cycling Studio Krystal		Total Body Sculpt Gym Nic		
	TBS Gym Nic	TBS Gym Nic	TBS Gym Nic			

