

December Group Fitness Schedule

11/30/2025-12/27/2025

Class Key:	Low Intensity	Low-Medium Intensity	Medium Intensity		Med-High Intensity	High Intensity
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a.m.	HyberX Gym Stephen	HyberX Gym Stephen	HyberX Gym Stephen	HyberX Gym Stephen		
6:30 a.m.				yoga Cycling Studio Luis		
8:00 a.m.	"RIDE" Cycling Studio Jacki		"RIDE" Cycling Studio Jacki			
9:00 a.m.	FITnWELL Studio 1 Sherry		FITnWELL Studio 1 Sherry		FITnWELL Studio 1 Sherry	(DKT) Dance, Kick & Tone 12/6/2025 Latresa
9:30 a.m.	yoga "30" Studio 1 Jacki		yoga "30" Studio 1 Jacki			
12:00pn	Hyper X Sara	yoga Cycling Studio Luisa	Boot Camp Sweat Zone Shirley	TBS Studio 1 Alexis	Pilates Mat Cycling Studio Amy	
	Boot Camp Sweat Zone Shirley	TBS Studio 1 Alexis	"Steppin'It" Studio 1 Colleen			
		Hyper X Gym Nic	Hyper X Gym Sara	Hyper X Gym Nic		
			Pilates Mat Phoebe NW Amy			
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		
	"Steppin'It" Studio 1 Colleen No class the first Monday of each month.	Raise The Bar Studio 1 Adrienne		Raise The Bar Studio 1 Adrienne		
	TBS Gym Nic	TBS Gym Nic	TBS Gym Nic	TBS Gym Nic		
5:35pm	YOGALATES Cycling Studio Renea					
6:00pm			Spin Cycling Studio Latresa			