

Fitness Class Schedule September 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Fit 9:30 am – 10:30 am Sue	Sunrise Spin 5:45 am – 6:45 am Audria	Morning Bootcamp 5:55 am – 6:30 am Audria	Sunrise Spin 5:45 am – 6:45 am Audria	Aqua Fit 9:30 am – 10:30 am Erica	Morning Spin 9:30 am – 10:30 am Kathie
Chair Yoga 11:00 am – 12:00 pm Pat/Caroline	Low Impact Cardio 9:15 am – 10:15 am Brittany	Aqua Fit 9:30 am – 10:30 am Agnes	Step It Up 9:15 am – 10:15 am Amy	Yin Yoga for Mobility 11:00 am – 11:45 am Natalie	
Bootcamp 11:45 am – 12:30 pm Brittany	Low Impact Circuit 11:45 am – 12:30 pm Keishia	Hatha Yoga 10:30 am – 11:30 am Natalie	Pilates 11:00 am – 11:45 am Tetyana	Intervals 5:30 pm – 6:30 pm Lynn	
Hatha Yoga 5:30 pm – 6:15 pm Caroline	Pilates 5:30 pm – 6:30 pm Janell	FreeStyle Swim Clinics 11:00 am – 11:45 am Natasha <i>*Registration required</i>	CardioPiYo 11:50 am – 12:35 pm Tetyana		
		Zumba 5:30 pm – 6:30 pm Lynn	*Email Erica at Erica.Millender-Stephens@geaerospace.com to register for FreeStyle Swim Clinics.		