

## Spring 2025 Group Fitness Schedule

	MON	TUE	WED	THR	FRI
6:30am		Cycle Core Lydia Byers		Cycle Core Lydia Byers	
7:30am	Strength & Power (Fitness Center) Aaron M.		Cycle Tayler Yapp	Cycle Jeff Keenan	
12:05pm		Pilates Bar Fusion Lily Boldt			
12:30pm					Cycle Isabella Messerly
3:15pm		Cycle Core Sophia Gehring		Cycle Core Sophia Gehring	
3:30pm	Cycle Core Luci Ramacher		Cycle Core Bella Breshnahan		
3:45pm	Yoga Pilates Fusion Zee Tammy	Zumba & Core Tammy Zee	Yoga Pilates Fusion Zee Tammy	Zumba & Core Tammy Zee	
4:30pm	Cycle Anna Bartig	Rhythmic Cycle Kennedy Smook	Cycle Core Sophia Gehring	Rhythmic Cycle Kennedy Smook	
4:45pm	Yoga Lexi Finnell	HIIT Aaron M	Yoga Lexi Finnell	Group Strength Aaron M	
5:30pm	Cycle Core Kaleah Puskala	Rhythmic Cycle Cassidy Link	Cycle Core Kaleah Puskala	Rhythmic Cycle Cassidy Link	
6:00pm	Zumba & Core Krista Mayberry	Zumba Lynne Smith	ZUMBA & Core Krista Mayberry	Cardio Dance Jam Lily Boldt	
6:30pm	Rhythmic Cycle Anna Baxter	Rhythmic Cycle Anna Baxter	Cycle Katie Spence	Cycle Isabella Messerly	
7:00pm	HIIT Kaleah Puskala	Vinyasa Flow Tayler Yapp	HIIT Kaleah Puskala	Vinyasa Flow Tayler Yapp	
8:00pm		Pilates Tayler Yapp		Pilates Lily Boldt	

	Conditioning Room
	Aerobics Room
	Fitness Center

### SATURDAY CLASS

11:00am ~ Strength & Power (Fitness Center)	Aaron Matuszeski
Noon~ Cycle Core	ALTERNATE