

# GROUP EXERCISE SCHEDULE

Starting 1/2/2025

MON	TUE	WED	THU	FRI	SAT	SUN
<b>Results 3C</b> 6:00AM-6:45AM Lisa Gillis (Group Ex)	<b>DancEnergy</b> 7:00AM-7:55AM Claudia Rodenstein (Group Ex)	<b>Sweat &amp; Burn</b> 6:00AM-6:45AM Lisa Gillis (Group Ex)	<b>DancEnergy</b> 7:00AM-7:55AM Mary Pat Hawkins (Group Ex)	<b>Results 3C</b> 6:00AM-6:45AM Lisa Gillis (Group Ex)	<b>DancEnergy</b> 7:00AM-7:55AM Aryn Ferreira (Group Ex)	<b>DancEnergy</b> 8:00AM-8:55AM Joyce Colahan (Group Ex)
<b>DancEnergy</b> 8:15AM-9:15AM Joyce Colahan (Group Ex)	<b>Rowing*</b> 7:30AM-8:25AM Blake Forman (J-Fit)	<b>DancEnergy</b> 8:15AM-9:10AM Joyce Colahan (Group Ex)	<b>Rowing*</b> 7:30AM-8:25AM Blake Forman (Gym)	<b>DancEnergy</b> 7:00AM-7:55AM Claudia Rodenstein (Group Ex)	<b>DancEnergy</b> 8:00AM-8:55AM Joyce Colahan (Group Ex)	<b>Spinning®*</b> 8:30AM-9:25AM Susan Parker (Spin Studio)
<b>Tabata Strength and Core</b> 9:15AM-10:00AM Lisa Gillis (WK-R & Zoom)	<b>DancEnergy</b> 8:30AM-9:25AM Joyce Colahan (Group Ex)	<b>Spinning® Core*</b> 9:00AM-9:55AM Tabatha Keating (Spin Studio)	<b>TRX Strength and Core</b> 8:00AM-8:55AM Tabatha Keating (J-Fit)	<b>Power Pump</b> 8:30AM-9:25AM Dennis Goldsmith (Group Ex)	<b>Spinning®*</b> 8:15AM-9:10AM Margie Cantor (Spin Studio)	<b>BARRE BODY</b> 9:00AM-9:55AM Mary Pat Hawkins/ Brigitte Karns (J-Fit)
<b>Dance Fit+</b> 9:30AM-10:25AM Liz Carlson (Group Ex)	<b>Strong Women</b> 8:30AM-9:25AM Heather Saxe (WK-R)	<b>Tabata Strength and Core</b> 9:15AM-10:00AM Lisa Gillis (WK-R & Zoom)	<b>DancEnergy</b> 8:15AM-9:10AM Lisa Gillis (Group Ex)	<b>Sculpt and Stretch</b> 8:30AM-9:20AM Lisa Gillis (WK & Zoom)	<b>Gentle Yoga</b> 9:00AM-9:55AM Julia Reagan (WK)	<b>Zumba®</b> 9:30AM-10:25AM James D'Ambrosio (Group Ex)
<b>Aqua Splash</b> 10:00AM-10:45AM Tabatha Keating (Indoor Pool)	<b>Spinning®*</b> 9:00AM-9:45AM Wendy Webber (Spin Studio)	<b>Cardio Dance</b> 9:15AM-10:10AM Patricia Pilon (Group Ex)	<b>Spinning®*</b> 9:00AM-9:50AM Tabatha Keating (Spin Studio)	<b>DancEnergy</b> 9:30AM-10:25AM Lisa Gillis (Group Ex)	<b>45 Minute Abs and Arms</b> 9:30AM-10:15AM Lisa Gillis (Zoom)	<b>Beginner Yoga</b> 10:00AM-10:55AM Cybele Leger (WK)
<b>Vinyasa Yoga</b> 10:05AM-11:00AM Allison Swartz (WK-R & Zoom)	<b>Fundamentals of Yoga</b> 9:30AM-10:25AM Cybele Leger (WK & Zoom)	<b>Aqua Splash</b> 10:00AM-10:45AM Teri McDonough (Indoor Pool)	<b>Dance Fit</b> 9:30AM-10:25AM Liz Carlson (Group Ex)	<b>Yin Yoga</b> 9:30AM-10:25AM Dennis Goldsmith (J-Fit)	<b>Zumba®</b> 10:00AM-10:55AM Klara Sands (Group Ex)	
<b>Fit Forever Cardio &amp; Strength</b> 11:00AM-11:55AM Tabatha Keating (Group Ex)	<b>Aqua Splash</b> 10:00AM-10:45AM Tabatha Keating (Indoor Pool)	<b>Yoga</b> 10:05AM-11:05AM Sarah McCormack (WK)	<b>Vinyasa Yoga</b> 9:30AM-10:25AM Jen Roszell (WK & Zoom)	<b>Fit Forever Cardio &amp; Strength</b> 11:00AM-11:55AM Tabatha Keating (Group Ex)		
<b>Power Pump*</b> 5:30PM-6:25PM Dennis Goldsmith (J-Fit)	<b>Pilates Fusion</b> 10:30AM-11:25AM Heather Saxe (Group Ex) <b>NEW!</b>	<b>Senior Strength &amp; Balance</b> 1:00PM-1:45PM Heather Saxe (WK-R)	<b>Aqua Splash</b> 10:00AM-10:45AM Tabatha Keating (Indoor Pool)	<b>Senior Strength &amp; Balance</b> 1:00PM-1:45PM Julia Reagan (WK-R)		
<b>Pilates</b> 5:30PM-6:25PM Brigitte Karns (Group Ex)		<b>Power Pump</b> 5:30PM-6:25PM Dennis Goldsmith (Group Ex)				
<b>DancEnergy</b> 6:30PM-7:25PM Brigitte Karns (Group Ex)						

**SCHEDULE SUBJECT TO CHANGE**

**KEY:**

ZOOM CLASS ONLINE
IN-PERSON & ZOOM
IN-PERSON
INDOOR POOL

*\*Please pre-register on MotionVibe for Rowing, Spinning® and the Monday Power Pump classes*

**IN-PERSON CLASS LOCATIONS:**  
Group Exercise Studio, J-Fit Studio, Spin Studio, Weiss Kirstein, Turf by the Indoor Pool.