HEALTHY LIVING CENTER - GROUP EXERCISE

Monday			
Time	**Class**	**Instructor**	**Studio**
6:00am	HIIT	Erin	OIFC
8:30am	Gentle Flow Yoga	Susan	2
9:00am	Body Blitz	Shelly/Cait	1
10:00am	ZUMBA	Jamie	1
10:00am	Metabolic Fit	Natalie	OIFC
5:15pm	Muscle Pump	Shelly M.	1
6:00pm	Yoga	Michelle	GE Room
6:15pm	Fierce	Allie	1

Tuesday			
Time	**Class**	**Instructor**	**Studio**
8:00am	Yin Yoga	Amy	2
9:00am	Cardio Crush	Cait	1
9:15am	Pilates	Gary	2
10:00am	Bootcamp Gold	Shelly	Gym 1
11:00am	**Simply Strong**	**Cait/Natalie**	**OIFC**
5:30pm	Circuit	Missy	1
4:45pm	Pilates	Linda	2
5:30pm	Barre	Allie	2

Wednesday			
Time	**Class**	**Instructor**	**Studio**
8:00am	Pilates	Gary	1
8:30am	Strength Yoga	Susan	2
9:00am	Body Blitz	Cait	1
9:45am	Gentle Flow Yoga	Susan	2
10:00am	Functional HIIT	Cait	1
10:00am	Cycle	Natalie	OIFC
5:30pm	Y Box	Allie	1
5:30pm	Yoga	Laura	2

Thursday			
Time	**Class**	**Instructor**	**Studio**
8:00am	Bootcamp Gold	Shelly	1
8:30am	**Yoga**	**Laura**	**2**
9:00am	Pilates	Shelly	1
9:00am	Metabolic Fit	Cait	OIFC
10:00am	Line Dance	Karen	1
4:45pm	Pilates	Linda	2
5:30pm	30-20-10	Missy	1
5:45pm	1/2 Hour Power Barre	Nancy	2
6:30pm	1/2 Hour Power TRX	Nancy	OIFC

Friday			
Time	**Class**	**Instructor**	**Studio**
6:00am	HIIT	Erin	OIFC
8:30am	**Yoga**	**Laura**	**2**
9:00am	Bootcamp Gold	Kelly	Gym 1
9:00am	Cycle	Natalie	OIFC
9:45am	**Pilates**	**Laura**	**2**
10:00am	Body Blitz	Shelly	1

	Saturday		
Time	**Class**	**Instructor**	**Studio**
8:00am	Bootcamp	Brynn	OIFC
9:00am	Cardio Dance	Heidi	1
10:00am	Y Box	Missy	1

INSTRUCTOR SUBJECT TO CHANGE

CLASSES IN STUDIOS HAVE LIMITED CAPACITY

Studio 1,2 and the OIFC (Obstacle Fitness Center) require navigating 2 flights of stairs

Use of personal equipment strongly encouraged

NOVEMBER 2026