



May 26, 2026 – August 16, 2026

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

All group fitness classes are included in your FFY membership

AM CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30–6:30 AM Pilates Michelle Spin Studio	5:30–6:30 AM Outdoor Bootcamp Kristen Clemmons Park	5:30–6:30 AM Pilates Michelle Spin Studio	5:30–6:15 AM Spin Bootcamp Kristen Spin Studio	5:30–6:30 AM Pilates Michelle Spin Studio	7:00–8:00 AM BodyPump Renee Group Fitness Studio
5:30–6:30 AM BodyPump Kristen Group Fitness Studio	5:30–6:30 AM BodyBalance Deb Group Fitness Studio	5:30–6:15 AM Queenax Training Deb Cross Training Room	6:00–7:00 AM BodyBalance Deb Group Fitness Studio	5:30–6:30 AM BodyPump Sarah Group Fitness Studio	8:15–9:00 AM Power Spin Jenny Spin Studio
8:00–8:50 AM Water Aerobics Polly Aquatic Center	7:00–8:00 AM Yoga Bre Group Fitness Studio	6:30–7:30 AM BodyBalance Renee Group Fitness Studio	7:00–7:55 AM Mix it Up Missy Group Fitness Studio	7:00–7:55 AM Mix it Up Missy Group Fitness Studio	9:15–10:15 AM BodyCombat Angie Group Fitness Studio
8:10–9:10 AM BodyPump Angie Group Fitness Studio	8:00–9:00 AM Chair Yoga Bre Group Fitness Studio	8:00–8:50 AM Water Aerobics Polly Aquatic Center	8:00–8:50 AM Water Aerobics Polly Aquatic Center	8:00–8:50 AM Water Aerobics Polly Aquatic Center	
8:15–9:00 AM Power Spin Will Spin Studio	8:00–8:50 AM Water Aerobics Polly Aquatic Center	8:10–9:10 AM BodyPump Angie Group Fitness Studio	8:15–9:00 AM Power Spin Jenny Spin Studio	8:10–9:10 AM BodyPump Angie Group Fitness Studio	
9:00–9:50 AM Water Aerobics Polly Aquatic Center	8:15–9:00 AM Power Spin Jenny Spin Studio	8:15–9:00 AM Power Spin Will Spin Studio	9:15–10:00 AM Queenax Training Diana Cross Training Room	9:00–9:50 AM Water Aerobics Polly Aquatic Center	
9:30–10:30 AM Movement Improvement Ruben Group Fitness Studio	9:15–10:00 AM Queenax Training Diana Cross Training Room	9:00–9:50 AM Water Aerobics Polly Aquatic Center	9:30–10:30 AM Silver Sneakers Margret Group Fitness Studio	9:30–10:20 AM Silver Sneakers Cheryl Group Fitness Studio	
10:45–11:45 AM Silver Sneakers Margret Group Fitness Studio	9:30–10:30 AM Silver Sneakers Margret Group Fitness Studio	9:15–10:00 AM Barre Sarah Group Fitness Studio	10:45–11:45 AM Movement Improvement Ruben (Boxing) Group Fitness Studio	10:45–11:45 AM Movement Improvement Ruben Group Fitness Studio	
	10:45–11:45 AM Movement Improvement Ruben Group Fitness Studio	9:15–10:00 AM Queenax Training Diana Cross Training Room		12:00–12:45 PM Virtual Spin Spin Studio	
		10:05–11:05 AM Forever Fit Joyce Group Fitness Studio			
		11:15 AM–12:15 PM Movement Improvement Ruben Group Fitness Studio			

PM CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30–5:30 PM BodyPump Sara Group Fitness Studio	4:30–5:25 PM Rhythm in Motion Nancy Group Fitness Studio	4:40–5:40 PM BodyPump Nancy Group Fitness Studio	5:00–6:00 PM Pilates Michelle Spin Studio		
5:40–6:40 PM BodyCombat Nancy Group Fitness Studio	5:00–6:00 PM Pilates Michelle Spin Studio	5:45–6:45 PM BodyBalance Nancy Group Fitness Studio	5:30–6:30 PM BodyPump Renee Group Fitness Studio		
5:45–6:45 PM Yoga Flow Andrea Spin Room	5:30–6:30 PM BodyCombat Angie Group Fitness Studio	6:45–7:45 PM Zumba Rosanna Group Fitness Studio	5:45–6:45 PM Water Aerobics Tricia Aquatic Center		
	5:45–6:45 PM Water Aerobics Tricia Aquatic Center				