

Group Fitness Schedule

at Cheek-Powell Fitness Center | May 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30am - 6:20am Cycle Nicole					
8:00am - 8:50am Intermediate Mat Pilates Maud	8:00am - 8:50am Total Body Training Renee	8:00am - 8:50am Barre Leslie	8:00am - 8:50am Total Body Training Renee			8:15am - 9:05am Cycle Nicole
9:00am - 9:50am Step Leslie	9:00am - 9:50am Low Impact Aerobics Leslie	9:00am - 9:50am Zumba Gold Blanca	9:00am - 9:50am Low Impact Aerobics Renee	9:00am - 9:50am Int./Advanced Mat Pilates Maud	8:30-9:00am BODYPUMP Mindy/Ann/Laura/Ashlee	
10:00am - 10:50am BODYPUMP Carol	10:00am - 10:50am Vinyasa Flow Yoga Kathleen	10:00am - 10:50am Slow Hatha & Stretch Julie	10:00am - 10:50am Gentle Yoga Kathleen	10:00am - 10:50am Barre Maud	9:15-9:45am LES MILLS CORE Mindy/Ann/Laura/Ashlee	
11:00am - 11:50am Barre Leslie	11:00am - 11:50am BODYPUMP Laura	11:00am - 11:50am BODYPUMP Mindy	11:00am - 11:50am BODYCOMBAT Mindy	11:00am - 11:50am Zumba® Nicole	10:00am - 11:15am Yoga Kathleen	10:30am - 11:20am Vinyasa Flow Yoga Jack
12:00pm - 12:50pm Upper Body & Core Leslie	12:00pm - 12:50pm HYBRID BODYCOMBAT & CORE Carol	12:00pm - 12:50pm Lower Body & Core Leslie	12:00pm - 12:50pm HYBRID BODYPUMP & CORE Carol	12:00pm - 12:50pm Balance Skills Cathleen	Special Offerings	
1:00pm - 1:50pm Tai Chi David	1:00pm - 1:50pm SilverSneakers® Yoga Cathleen	1:00pm - 1:50pm Silver Fitness Carol	1:00pm - 1:50pm Silver Fitness Carol	1:00pm - 1:50pm SilverSneakers® Yoga Cathleen	Pilates Week April 29 - May 4 Enter to win every time you attend a Mat Pilates class, Barre class, Reformer Session, or Demo!	
2:00pm - 3:00pm Private Programming	2:30pm - 3:30pm Private Programming	2:00pm - 3:00pm Private Programming	2:30 - 3:30pm Private Programming	2:00pm - 3:00pm Private Programming	Wunda Chair Demo Tue. April 30 at 11:30am Reformer Demo Wed. May 1 at 9:30am	
4:30pm - 5:20pm BODYPUMP Laura		4:30pm - 5:20pm BODYPUMP Laura		4:30pm - 5:20pm Restorative Yin Yoga Julie	Memorial Day Classes 9am Mat Pilates with Maud 10am BODYPUMP with Carol 11am Barre with Leslie	
5:30pm - 6:20pm Zumba® Nicole	5:30pm - 6:20pm BODYPUMP Ashlee	5:30pm - 6:20pm BODYCOMBAT Laura	5:30pm - 6:20pm BODYPUMP Ashlee		One Pass™ 	
6:30pm - 7:45pm Gentle Yoga Jack	6:30pm - 7:00pm LES MILLS CORE Ashlee	6:30pm - 7:45pm Restorative Yin Yoga Julie	6:30pm - 7:00pm LES MILLS CORE Ashlee		Holiday Hours 8:00am - 2:00pm	
			7:15pm - 8:15pm Strength & Stretch Yoga Jack			

To ensure your space in a class, register in advance at the front desk, on the Pulse Access app, or at [GymPayment.com](https://www.gympayment.com)

Admission policy: Please do NOT enter a group fitness class more than 10 minutes after scheduled start time.

The Fitness Center reserves the right to limit class size to 19 participants. Hard soled athletic shoes required for cycle class.

Fitness Center Hours: 5am - 9pm Monday - Thursday | 5am - 8pm Friday | 8am - 5pm Saturday and Sunday

[Cycle Class](#)

[New This Month](#)

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