



# GROUP FITNESS CLASS SCHEDULE

EFFECTIVE: February 14, 2023

updated 02/14/2023

SUBJECT TO CHANGE. CHECK HQ APP FOR LATEST SCHEDULE.

MONDAY			
5:30	RPM	Gretchen	Wheelhouse (55)
7:00	BodyPump	Sue/Allison	The Pulse (55)
8:00	Spin Energy Zones	Stephanie	Wheelhouse (55)
8:00	Open Level Flow	Meg	Prana Studio (55)
8:15	LM Mash Up	Allison	The Pulse (55)
8:30	TRX	Melisa K.	Studio 1 (30)
9:15	Mat Pilates	Gail	Prana Studio (55)
9:15	GRIT	Stephanie	Studio 1 (30)
9:30	LM Tone	Holly	The Pulse (45)
9:30	Aqua Sculpt	Eileen	Indoor Pool (55)
9:45	RPM (30 min HIIT)	Laura B	Wheelhouse (30)
10:00	LM CORE	Sue	Studio 1 (30)
10:00	HQ Barre Sculpt	Christine H	Dance 4 (45)
10:30	Power Yoga	Melisa K.	Prana Studio (55)
10:30	BodyPump	Laura B	The Pulse (55)
11:30	Spin POWER	Christi	Wheelhouse (55)
1:00	Gentle/Beginner Yoga	Christi	Prana Studio (55)
4:30	GRIT	Allison	Studio 1 (30)
4:30	BodyCombat	Lula	The Pulse (55)
5:00	TRX	Marianne B	Studio 1 (30)
5:30	Yoga Flow	Christine F.	Prana Studio (55)
5:45	Spin Express	Marianne B	Wheelhouse (45)
5:45	BodyPump	Lula	The Pulse (45)
6:30	Zumba Toning	Ashley	Studio1 (55)
7:30	Zumba	Heather	The Pulse (55)

TUESDAY			
5:30	BodyPump	Kristie	The Pulse (55)
8:00	Yoga Flow	Stephanie	Prana Studio (55)
8:00	LM CORE	Melisa	Studio 1 (45)
8:30	BodyCombat Express	Sue	The Pulse (45)
9:15	BodyStep	Marianne	Studio 1 (55)
9:15	Spin Energy Zones	Marion	Wheelhouse (55)
9:30	BodyPump	Erin	The Pulse (55)
9:15	Pilates Long&Strong	Lees	Prana Studio (45)
9:30	Aqua Sculpt	Cindy	Indoor Pool (55)
10:30	TRX	Stephanie	Studio 1 (30)
10:30	Adult Beginner Ballet	Mariann	Dance 4 (45)
10:15	BodyBalance	Laura B	Prana Studio (55)
10:45	Low Impact Strength	Michael	The Pulse (45)
11:15	Stretch & Release	Michael	The Pulse (30)
4:15	Mat Pilates	Lees	Prana Studio (55)
4:30	BodyPump	Briana/ Allison	The Pulse (55)
4:30	BodyStep Express	Thomasina	Studio 1 (45)
5:30	BodyJam	Emily	Studio 1 (45)
5:30	Open Level Flow	Meg	Prana Studio (55)
5:45	RPM	Heather	Wheelhouse (45)
6:00	BodyCombat	Stacey V	The Pulse (55)
6:30	Strength Tabata	Megan	Studio 1 (55)
6:45	BodyBalance	Kim A	Prana Studio (90)
7:15	Zumba Toning	Heather	The Pulse (55)

WEDNESDAY			
5:30	RPM	Gretchen	Wheelhouse (55)
7:45	Warm AM Rise Yoga	Stephanie M	Prana Studio (55)
8:00	HIIT	Stephanie	Studio 1 (30)
8:15	BodyPump	Sue	The Pulse (55)
8:45	TRX	Stephanie	Studio 1 (30)
9:15	Mat Pilates	Laura B	Prana Studio (55)
9:30	BodyCombat	Holly	The Pulse (55)
9:30	Spin Energy Zones	Scott	Wheelhouse (55)
9:30	HQ Strong	Stephanie	Studio 1 (30)
9:30	Aqua Sculpt	Cindy	Indoor Pool (55)
9:30	Running Club**	Marion	TBA** (55)
10:30	Warm Yoga Flow	Carla	Prana Studio (55)
10:45	Zumba Gold	Heather	The Pulse (55)
11:45	HQ Sculpt	Carla	Prana Studio (55)
12:00	BodyPump/ CORE	Allison	The Pulse (55)
1:00	Spin & Tone	Christi	Wheel/ Prana (45)
4:30	LM Mash UP	Lula/ Holly	The Pulse (55)
4:30	BodyBalance	Kathleen	Prana Studio (55)
5:00	LM CORE	Briana	Studio 1 (30)
5:45	BodyAttack	Carolyn/Jenna	The Pulse (55)
5:45	LM Barre	Penny	Prana Studio (45)
6:30	Zumba	Eileen	Studio 1 (55)
6:45	RPM	Kristie	Wheelhouse (45)
6:45	Yoga Flow	Aurora	Prana Studio (90)
7:00	BodyPump	Shannon	The Pulse (55)



THURSDAY				
5:30	BodyPump/ CORE	Gretchen	The Pulse	55
8:00	HIIT YOGA	Stephanie	Prana Studio	55
8:15	BodyAttack	Briana	The Pulse	55
8:15	LM CORE	Melisa K	Studio 1	30
9:00	GRIT	Cheryl	Studio 1	30
9:15	HQ BARRE BLEND	Carla	Prana Studio	30
9:30	BodyPump	Melinda	The Pulse	55
9:00	Spin Power	Melisa K	Wheelhouse	55
9:30	Aqua Sculpt	Eileen	Indoor Pool	55
9:45	GRIT	Cheryl	Studio 1	30
10:15	GoFlo	Cheryl	Studio 1	30
10:15	BodyBalance	Carolyn	Prana Studio	55
4:30	LM Tone	Lula	The Pulse	45
4:30	Mat Pilates	Gail	Prana Studio	55
4:30	BodyStep	Marianne	Studio 1	55
5:30	Spin Energy Zones	Kathy H	Wheelhouse	55
5:30	BodyPump	Jenna	The Pulse	55
5:45	Yoga Flow	Stacy	Prana Studio	55
5:45	BodyJam	Emily/Lula	Studio 1	55
7:00	BodyBalance	Shelly	Prana Studio	55

FRIDAY				
6:00	HIIT Spin	Melisa	Wheelhouse	45
7:00	HIIT	Melisa	Studio 1	30
8:00	Warm Yoga Flow	Stephanie	Prana Studio	55
8:00	Spin Power	Carla	Wheelhouse	55
8:15	BodyPump	Sue	The Pulse	55
9:15	Mat Pilates	Marion	Prana Studio	55
9:15	GRIT CARDIO	Cheryl	Studio 1	30
9:30	Aqua Sculpt	Cindy	Indoor Pool	55
9:30	HQ Barre Sculpt	Carla	Dance 4	45
9:30	BodyCombat	Erin	The Pulse	55
10:00	GRIT STRENGTH	Cheryl	Studio 1	30
10:30	Slow Yoga Flow	Carla	Prana Studio	90
10:45	Forever Fit	Michael	Studio 1	45
10:45	Zumba Gold	Heather	The Pulse	55
11:45	Low Impact Strength	Michael	Studio 1	55
12:00	Spin Energy Zones	Marion	Wheelhouse	55
4:45	BodyAttack	Carolyn/Jenna	The Pulse	55
5:00	TGIFSpin	Joe	Wheelhouse	55
5:45	Vinyasa Yoga Flow	Izabela	Prana Studio	55
6:00	BodyPump	Marianne M	The Pulse	55

SATURDAY				
6:30	HIIT SPIN	Gretchen	Wheelhouse	45
7:30	HQ STRONG	Linda/Steph	The Pulse	45
8:00	Yoga Flow	Ryan	Prana Studio	90
8:30	Spin Power	Kristie	Wheelhouse	55
8:30	TRX	Stephanie	Studio1	30
8:30	BodyCombat	Lula/Holly	The Pulse	55
8:30	Aqua Sculpt	Lara	Indoor Pool	55
9:15	BodyBalance	Carolyn	Prana Studio	55
9:15	BodyStep	Megan	Studio 1	55
9:45	BodyPump	Jenna	The Pulse	55
10:30	Mat Pilates	Lara	Prana Studio	55
10:30	Synergy	Megan S	Sports Cntr	55
10:30	BodyJam	Jenn C	Studio 1	55
11:00	Zumba	Vanessa	The Pulse	55
SUNDAY				
7:15	GRIT	Kim G	The Pulse	30
8:00	LM Tone	Kim G	The Pulse	45
8:30	Spin Energy Zones	Morgan	Wheelhouse	55
8:15	LM CORE	Jenna	Studio 1	30
9:45	SPIN INTRO -biweekly	Morgan	Wheelhouse	30
9:00	Yoga Flow	Jenn M	Prana Studio	90
9:00	BodyAttack	Jenna/Bri	The Pulse	55
9:00	STEP TO IT	Marianne	Studio 1	55
10:15	BodyPump	Marianne M	The Pulse	55
10:30	Mat Pilates	Jenn M	Prana Studio	55

Please sign up for classes using the HQ app or Club Automation Member Portal

QUESTIONS - Contact Holly Kokinelis at kokinelis@hqfit.com



\*\*\* Spin Intro runs biweekly -See APP

