



GROUP FITNESS CLASS SCHEDULE

SUBJECT TO CHANGE - CHECK HQ APP FOR LATEST SCHEDULE.

MONDAY			
5:30	RPM Cycle	Gretchen Wheelhouse	55
7:00	BodyPump	Michael The Pulse	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
9:00	Barre Sculpt	Christine H. Releve Studic	55
9:15	Mat Pilates	Gail Prana Studio	55
9:15	HIIT	Stephanie Studio 1	30
9:30	LM Tone	Holly / Lula The Pulse	45
9:30	Aqua Sculpt	Eileen Indoor Pool	55
9:30	Sprint	Laura Wheelhouse	30
10:00	LM CORE	Sue Studio 1	30
10:30	Power Yoga	Melisa K. Prana Studio	55
10:30	BodyPump	Laura The Pulse	55
10:30	BodyJam	Emily Studio 1	55
12:00	ActiveAging:GentleYoga	Meg 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 Express	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	HOT30 Shred	Stephanie Prana Studio	30
8:00	LM CORE	Melisa Studio 1	30
8:30	Yoga Flow Express	Stephanie Prana Studio	30
8:30	BodyCombat Express	Sue The Pulse	45
9:15	Functional BodyStep	Marianne B. 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	Splash Dance	Cindy Indoor Pool	55
10:00	Tai Chi	Donna Releve Studic	55
10:30	TRX - Mixed Modality	Stephanie Studio 1	30
10:30	Adult Beginner Ballet	Maryann Dance 4	45
10:30	BodyBalance	Laura Prana Studio	55
10:45	ActiveAging: Strength	Michael The Pulse	45
11:15	Stretch & Release	Michael The Pulse	30
12:00	Warm 45min Yoga	Meg Prana Studio	45
4:15	Mat Pilates	Lees Prana Studio	55
4:30	BodyPump	Briana/ Allison The Pulse	55
4:30	Classic BodyStep Express	Thomasina Studio 1	45
5:30	Open Level Flow	Meg Prana Studio	55
5:30	BodyJam	Emily Studio 1	45
6:00	BodyCombat	Stacey V The Pulse	55
6:30	Barre Sculpt	Emily Releve Studic	45
6:30	Spin & Strength	Kristie/ Shannor Wheelhouse	45
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 Cycle	Gretchen Wheelhouse	55
8:00	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 + Weights	Stephanie Studio 1	30
9:15	BodyBalance	Stacey 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	Splash Dance	Cindy Indoor Pool	55
9:30	Running Club**	Marion TBA**	55
10:00	Barre Pilates Blend	Christine H. Releve Studic	55
10:30	Warm Yoga Flow	Carla Prana Studio	55
10:45	Active Aging: Zumba Gold	Heather The Pulse	55
11:00	ActiveAging: Core Strengt	Michael Studio 1	45
11:45	HQ Sculpt	Carla Prana Studio	55
12:00	BodyPump/ CORE	Allison The Pulse	55
4:30	LM TONE	Lula/ Holly The Pulse	55
4:30	BodyBalance	Kathleen Prana Studio	55
5:00	Spin Express	Marianne Wheelhouse	30
5:00	LM CORE	Briana Studio 1	30
5:45	TRX	Marianne Studio 1	30
5:45	BodyAttack	Carolyn/Jenna The Pulse	55
6:30	Zumba	Eileen Studio 1	55
6:30	RPM Cycle	Kristie Wheelhouse	45
6:45	Yoga Flow	Aurora Prana Studio	90
7:00	BodyPump	Shannon The Pulse	55

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THURSDAY				
5:30	BodyPump Express/HIIT	Gretchen	The Pulse	55
7:15	BodyCombat Express	Kristen	The Pulse	45
8:15	BodyAttack	Briana	The Pulse	55
8:15	LM CORE	Melisa K	The Pulse	30
9:15	GRIT Athletic	Cheryl	The Pulse	30
9:15	HQ Barre Blend	Carla	Releve Studio	45
9:30	BodyPump	Melinda	The Pulse	55
9:00	Spin Power	Melisa K	Wheelhouse	55
9:30	Aqua Sculpt	Eileen	Indoor Pool	55
10:00	GRIT Strength	Cheryl	Studio 1	30
10:00	30 Shred	Carla	Prana Studio	30
10:00	BodyBalance	Carolyn	Prana Studio	55
10:45	TRX	Cheryl	Studio 1	30
10:45	Tai Chi	Donna	Releve Studio	55
4:30	Functional BodyStep	Gretchen	The Pulse	55
4:30	Mat Pilates	Gail	Prana Studio	55
5:30	BodyPump	Jenna	The Pulse	55
5:45	Yoga Flow	Stacy	Prana Studio	55
6:30	BodyCombat	Kim G	The Pulse	55
6:30	Spin & Strength	Kristie/ Shannon	Wheelhouse	45
7:00	BodyBalance	Shelly	Prana Studio	55
7:30	Zumba	Vanessa	The Pulse	55

FRIDAY				
5:30	Functional BodyStep+CORE	Gretchen	The Pulse	55
6:00	HIIT Spin	Melisa	Wheelhouse	45
7:00	HIIT	Melisa	Studio 1	30
7:15	LM Tone	Carolyn	The Pulse	45
8:00	Warm Yoga Flow	Stephanie	Prana Studio	55
8:00	Spin Power	Carla	Wheelhouse	55
8:00	BodyStep	Heather	Studio 1	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	Cardio H2O	Faye	Indoor Pool	55
9:30	HQ Barre Sculpt	Carla	Releve Studio	45
9:30	BodyCombat	Erin	The Pulse	55
10:00	TRX	Cheryl	Studio 1	30
10:30	Slow Yoga Flow	Carla	Prana Studio	90
11:00	ActiveAging: ForeverFit	Michael	Studio 1	45
10:45	Zumba Gold	Heather	The Pulse	55
12:00	ActiveAging:Low-Imp-Strength	Michael	The Pulse	55
12:00	Spin Energy Zones	Marion	Wheelhouse	55
4:45	BodyAttack	Carolyn/Jenn	The Pulse	55
5:00	TGIFSpin	Joe	Wheelhouse	55
5:45	Yoga Flow	Izabela	Prana Studio	55
6:00	BodyPump	Marianne M	The Pulse	55

SATURDAY				
7:00	HIIT SPIN	Gretchen	Wheelhouse	45
7:30	HQ STRONG	Stephanie	The Pulse	45
8:00	Warm 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	Classic BodyStep	Megan	Studio 1	55
9:30	Barre Sculpt	Emily	Releve Studio	45
9:45	BodyPump	Jenna / Brian	The Pulse	55
10:30	Mat Pilates	Lara	Prana Studio	55
10:30	BodyJam	Jenn C	Studio 1	55

SUNDAY				
7:15	GRIT	Kim G	The Pulse	30
8:00	LM Tone	Kim G	The Pulse	45
8:00	SPIN INTRO -biweekly	Morgan	Wheelhouse	30
8:30	Spin Energy Zones	Morgan	Wheelhouse	55
8:15	LM CORE	Jenna	Studio 1	30
9:00	All Levels Yoga Flow	Jenn M	Prana Studio	90
9:00	Barre Intensity - B HIIT	Kim G	Releve Studio	
9:00	BodyAttack	Briana	The Pulse	55
9:00	STEP TO IT	Marianne	Studio 1	55
10:15	BodyPump	Marianne M	The Pulse	55
10:15	BodyJam	Chrissy/Jake	Studio 1	55
10:30	Mat Pilates	Jenn M	Prana Studio	55

Please sign up for classes using the HQ app
Questions? Please contact Holly - kokinelis@hqfit.com

Group Exercise Room Key

The Pulse	- Strength and Cardio Classes
Studio 1	- HIIT, Dance, TRX, Step Classes
Prana Studio	- Yoga, Pilates, Mind/Body Classes
The Wheelhouse	- Cycle Classes
Releve Studio	- Barre Classes



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