



GROUP FITNESS CLASS SCHEDULE

SUBJECT TO CHANGE - CHECK HQ APP FOR LATEST SCHEDULE.

MONDAY				
5:30	RPM Cycle	Gretchen	Wheelhouse	5
7:00	BodyPump Express	Michael	The Pulse	4
8:00	Open Level Flow	Meg	Prana Studio	5
8:15	LM Mash Up	Allison	The Pulse	5
8:30	TRX	Melisa K.	Studio 1	3
9:00	Barre Sculpt	Christine H.	Releve Studio	5
9:15	Mat Pilates	Gail	Prana Studio	5
9:15	HIIT	Stephanie	Studio 1	3
9:30	BodyCombat	Kristen	The Pulse	5
9:30	Aqua Sculpt	Eileen	Indoor Pool	5
9:30	LM Sprint	Laura	Wheelhouse	3
10:00	LM CORE	Sue	Studio 1	3
10:30	Power Yoga	Melisa K.	Prana Studio	5
10:30	BodyPump	Laura	The Pulse	5
10:30	BodyJam	Emily	Studio 1	5
11:00	ActiveAging:Forever Fit	Michael	Studio 1	4
12:00	ActiveAging:GentleYoga	Meg	Prana Studio	5
4:30	LM Sprint Cycle	Kristie	Wheelhouse	3
4:30	GRIT	Allison	Studio 1	3
5:00	BodyCombat	Lula	The Pulse	5
5:00	TRX	Marianne B	Studio 1	3
5:30	LM Cardio/Core	Allilison/Car	Studio 1	4
5:30	Yoga Flow	Christine F.	Prana Studio	5
5:45	Spin Express	Marianne B	Wheelhouse	4
6:00	BodyPump Express	Lula	The Pulse	4
6:00	Kettle Bell	Peter	Fitness CTR.	
6:30	Zumba Toning	Ashley	Studio1	5
7:30	Zumba	Heather	The Pulse	5

TUESDAY				
5:30	BodyPump	Kristie	The Pulse	5
8:00	HOT30 Shred	Stephanie	Prana Studio	3
8:00	LM CORE	Melisa	Studio 1	3
8:30	Yoga Flow Express	Stephanie	Prana Studio	3
8:30	BodyCombat Express	Sue	The Pulse	4
9:15	Functional BodyStep	Marianne B.	Studio 1	5
9:15	Spin Energy Zones	Marion	Wheelhouse	5
9:30	BodyPump	Erin	The Pulse	5
9:15	Pilates Long&Strong	Lees	Prana Studio	4
9:30	Splash Dance	Cindy	Indoor Pool	5
10:00	Tai Chi	Donna	Releve Studic	5
10:30	TRX - Mixed Modality	Stephanie	Studio 1	3
10:30	Adult Beginner Ballet	Maryann	Dance 4	4
10:30	BodyBalance	Laura	Prana Studio	5
11:15	Gentle Barre Fit	Heather	Releve Studic	4
12:00	Warm 45min Yoga	Meg	Prana Studio	4
4:15	Mat Pilates	Lees	Prana Studio	5
4:30	BodyPump	Briana/ Allison	The Pulse	5
4:30	Classic BodyStep Express	Thomasina	Studio 1	4
5:30	Open Level Flow	Meg	Prana Studio	5
5:30	BodyJam	Emily	Studio 1	4
6:00	BodyCombat	Stacey V	The Pulse	5
6:30	Barre Sculpt	Emily	Releve Studic	4
6:30	Spin & Strength	Kristie/ Shannor	Wheelhouse	4
6:45	BodyBalance	Kim A	Prana Studio	9
7:15	Zumba Toning	Heather	The Pulse	5

WEDNESDAY				
5:30	RPM Cycle	Gretchen	Wheelhouse	5
8:00	Warm AM Rise Yoga	Stephanie M	Prana Studio	5
8:00	HIIT	Stephanie	Studio 1	3
8:15	BodyPump	Sue	The Pulse	5
8:30	Power Cycle	Scott	Wheelhouse	5
8:45	TRX + Weights	Stephanie	Studio 1	3
9:30	Spin Energy Zones	Scott	Wheelhouse	5
9:30	HQ Strong	Stephanie	The Pulse	3
9:30	Functional BodyStep Xpre:	Heather	Studio 1	4
9:30	Cardio H2O	Faye	Indoor Pool	5
9:30	Running Club**	Marion	TBA**	5
10:00	Bodyattack express	Jess/Allison	The Pulse	4
10:00	Barre Pilates Blend	Christine H.	Releve Studio	5
10:30	Warm Yoga Flow	Carla	Prana Studio	5
10:45	Active Aging: Zumba Gold	Heather	The Pulse	5
11:45	HQ Sculpt	Heather	Releve Studio	5
12:00	ActiveAging: Strength Circ	Michael	The Pulse	5
4:30	Mat Pilates	Lees	Prana Studio	5
4:30	LM Sprint Cycle	Kristie	Wheelhouse	4
4:30	BodyBalance	Kathleen	Prana Studio	5
5:00	Spin Express	Marianne	Wheelhouse	3
5:00	LM TONE	Lula	The Pulse	4
5:00	LM CORE	Briana	Studio 1	3
5:45	TRX	Marianne	Studio 1	3
5:45	BodyAttack	Carolyn/Jenni	The Pulse	5
6:30	Zumba	Eileen	Studio 1	5
6:45	Yoga Flow	Aurora	Prana Studio	9
7:00	BodyPump	Shannon	The Pulse	5



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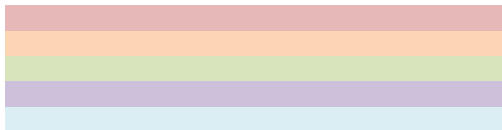
THURSDAY				
5:30	BodyPump Express/HIIT	Gretchen	The Pulse	5
7:15	BodyCombat Express	Kristen	The Pulse	4
8:00	Gentle Strength Flow	Jenn M.	Prana Studio	4
8:15	BodyAttack	Briana	The Pulse	5
8:15	LM CORE	Melisa K	The Pulse	3
9:15	GRIT Athletic	Cheryl	The Pulse	3
9:15	HQ Barre Blend	Carla	Releve Studio	4
9:30	BodyPump	Melinda	The Pulse	5
9:00	Spin/Strength	Melisa K	Wheelhouse	5
9:30	Aqua Sculpt	Eileen	Indoor Pool	5
10:00	GRIT Strength	Cheryl	Studio 1	3
10:00	Full Body Sculpt	Carla	Prana Studio	3
10:15	BodyBalance	Carolyn	Prana Studio	5
10:45	TRX	Cheryl	Studio 1	3
10:45	Tai Chi	Donna	Releve Studio	5
11:15	Active Aging Low imp-Str	Michael	The Pulse	4
4:30	Functional BodyStep	Gretchen	The Pulse	5
4:30	Mat Pilates	Gail	Prana Studio	5
5:30	BodyPump	Jenna	The Pulse	5
5:30	LM Tone	Holly	Studio 1	4
5:45	Yoga Flow	Stacy	Prana Studio	5
6:00	Corageous Cardio	Peter	Fitness CTR.	4
6:30	Spin & Strength	Kristie/ Shannon	Wheelhouse	4
7:00	BodyBalance	Shelly	Prana Studio	5
7:30	Zumba	Vanessa	The Pulse	5

FRIDAY				
5:30	Functional BodyStep+CORE	Gretchen	The Pulse	5
6:00	HIIT Spin	Melisa	Wheelhouse	4
7:00	HIIT	Melisa	Studio 1	3
7:15	LM Tone	Carolyn	The Pulse	4
8:00	Warm Yoga Flow	Stephanie	Prana Studio	5
8:00	Spin Power	Carla	Wheelhouse	5
8:15	BodyPump	Sue	The Pulse	5
9:15	Mat Pilates	Marion	Prana Studio	5
9:15	GRIT CARDIO	Cheryl	Studio 1	3
9:30	Cardio H2O	Faye	Indoor Pool	5
9:30	HQ Barre Sculpt	Carla	Releve Studio	4
9:30	BodyCombat	Erin	The Pulse	5
10:00	TRX	Cheryl	Studio 1	3
10:30	Slow Yoga Flow	Carla	Prana Studio	9
11:00	ActiveAging: ForeverFit	Michael	Studio 1	4
10:45	Zumba Gold	Heather	The Pulse	5
12:00	Stretch and Release	Michael	The Pulse	5
12:00	Spin Energy Zones	Marion	Wheelhouse	5
4:45	BodyAttack	Carolyn/Jenn	The Pulse	5
5:00	TGIFSpin	Joe	Wheelhouse	5
5:45	Yoga Flow	Izabela	Prana Studio	5
6:00	BodyPump	Marianne M	The Pulse	5

SATURDAY				
7:00	LM SPRINT	Gretchen	Wheelhouse	3
7:30	HQ Strong	Stephanie	The Pulse	4
8:00	Warm Yoga Flow	Ryan	Prana Studio	9
8:30	Spin Power	Kristie	Wheelhouse	5
8:30	TRX	Stephanie	Studio1	3
8:30	BodyCombat	Lula / Holly	The Pulse	5
9:15	BodyBalance	Carolyn	Prana Studio	5
9:15	Classic BodyStep	Megan	Studio 1	5
9:30	Barre Sculpt	Emily	Releve Studio	4
9:45	BodyPump	Jenna / Brian	The Pulse	5
10:30	Mat Pilates	Lara	Prana Studio	5
10:30	BodyJam	Jenn C	Studio 1	5
11:30	Zumba	Faye	The Pulse	5

SUNDAY				
7:15	GRIT	Kim G	The Pulse	3
7:30	LM Sprint Cycle	Alex	Wheelhouse	3
8:00	LM Tone	Kim G	The Pulse	4
8:30	Spin Energy Zones	Morgan	Wheelhouse	5
8:15	LM CORE	Jenna	Studio 1	3
9:00	All Levels Yoga Flow	Jenn M	Prana Studio	9
9:00	Barre Intensity - B HIIT	Kim G	Releve Studio	
9:00	BodyAttack	Briana	The Pulse	5
9:00	STEP TO IT	Marianne	Studio 1	5
10:15	BodyPump	Marianne M	The Pulse	5
10:15	BodyJam	Chrissy/Jake	Studio 1	5
10:30	Mat Pilates	Jenn M	Prana Studio	5

Please sign up for classes using the HQ app



Updated 1/15/2024



Updated: 01/15/2024