



# GROUP FITNESS CLASS SCHEDULE

SUBJECT TO CHANGE - CHECK HQ APP FOR LATEST SCHEDULE.

MONDAY			
5:30	RPM Cycle	Gretchen	Wheelhouse 55
5:30	Grit	Kim G	Pulse 55
6:05	TRX	Kim G	Studio 1 30
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 Studio 55
9:15	Mat Pilates	Gail	Prana Studio 55
9:15	HIIT	Stephanie	Studio 1 30
9:30	BodyCombat	Kristen	The Pulse 45
9:30	Aqua Fit	Eileen	Indoor Pool 55
9:30	RPM Cycle	Kristie	Wheelhouse 45
10:00	LM CORE	Sue	Studio 1 30
10:30	Power Yoga	Melisa K.	Prana Studio 55
10:30	BodyPump	Kristie	The Pulse 55
11:00	Active Aging:Forever Fit	Michael	Studio 1 55
12:00	ActiveAging:GentleYoga	Meg	Prana Studio 55
4:30	GRIT	Allison	Studio 1 30
4:30	LM Sprint/HITT Cycle	Kristie	Wheelhouse 30
5:00	TRX	Marianne B.	Studio 1 30
5:15	BodyCombat	Lula	The Pulse 55
5:30	LM Cardio/Core	Carolyn D	Studio 1 55
5:30	Yoga Flow	Christine F.	Prana Studio 55
5:45	Cycle Express	Marianne B.	Wheelhouse 45
6:15	BodyPump Express	Lula	The Pulse 45
6:30	Zumba Toning	Ashley	Studio1 55
7:30	Zumba	Heather	The Pulse 55

TUESDAY			
5:30	BodyPump	Kristin	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	Amy	The Pulse 55
9:15	Functional BodyStep	Marianne B.	Studio 1 55
9:15	Cycle Energy Zones	Marion	Wheelhouse 55
9:30	BodyPump	Erin	The Pulse 55
9:15	Pilates Lengthen and St	Lees	Prana Studio 45
9:30	Splash Dance	Cindy	Indoor Pool 55
10:00	Tai Chi	Donna	Releve Studio 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
11:15	Gentle Barre	Heather	Releve Studio 55
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
5:45	Body Attack Express	Carolyn/Allison	The Pulse 45
6:00	Kettlebell Bootcamp	Peter	Func Train 45
6:30	Barre Sculpt	Emily	Releve Studio 45
6:30	Pedal & Pump	Kristie/ Shannor	Wheelhouse 45
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
8:30	Cycle Power	Scott	Wheelhouse 55
8:45	TRX + Weights	Stephanie	Studio 1 30
9:15	BodyBalance	Stacey	Prana Studio 55
9:15	Strength Development	Amy	The Pulse 30
9:30	Splash Dance	Cindy	Indoor Pool 55
9:30	Running Club**	Marion	TBA** 55
9:30	Functional BodyStep	Gretchen	Studio 1 55
9:30	Barre Pilates Blend	Christine H.	Releve Studio 55
10:00	BodyAttack Express	Jessica/Allison	The Pulse 45
10:30	Warm Yoga Flow	Carla	Prana Studio 55
10:45	Active Aging: Zumba Gold	Heather	The Pulse 55
12:00	ActiveAging: low impact st	Michael	The Pulse 45
4:30	BodyCombat	Stacey	The Pulse 55
4:30	BodyBalance	Kathleen	Prana Studio 55
4:30	LM Sprint HITT Cycle	Kristie	Wheelhouse 30
5:00	LM CORE	Briana	Studio 1 30
5:30	TRX	Marianne	Studio 1 30
5:30	Tone	Lula/Holly	The Pulse 45
6:15	Strength Development	Lula/Holly	The Pulse 45
6:15	Cycle Express	Marianne	Wheelhouse 30
6:30	Zumba	Eileen	Studio 1 55
6:45	Yoga Flow	Aurora	Prana Studio 90
7:00	BodyPump	Shannon	The Pulse 55



# GROUP FITNESS CLASS SCHEDULE

SUBJECT TO CHANGE - CHECK HQ APP FOR LATEST SCHEDULE.

THURSDAY			
5:30	Strength Development	Gretchen	The Pulse 55
8:00	Gentle Strength Flow	Jennifer	Prana Studio 45
8:15	BodyAttack	Briana	The Pulse 55
8:15	LM CORE	Melisa K	The Pulse 30
9:00	Pedal and Pump	Melisa K	Wheelhouse 55
9:15	GRIT Athletic	Allison	The Pulse 30
9:15	Barre Blend	Christine	Releve Studio 45
9:30	BodyPump	Melinda	The Pulse 55
9:30	Aqua Fit	Eileen	Indoor Pool 55
10:00	BodyPump	Amy/Melinda	The Pulse 55
10:00	GRIT Strength	Stephanie	Studio 1 30
10:00	BodyBalance	Carolyn	Prana Studio 55
10:45	TRX	Cheryl	Studio 1 30
10:45	Tai Chi	Donna	Releve Studio 55
11:15	Active Aging low impact	Michael	The Pulse 45
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	Pedal & Pump	Kristie/ Shannon	Wheelhouse 45
7:00	BodyBalance	Patty	Prana Studio 55
7:30	Zumba	Vanessa	The Pulse 55

FRIDAY			
5:30	Courageous cardio 2	Peter	The Pulse 55
6:00	HIIT Spin	Melisa	Wheelhouse 45
7:00	HIIT	Melisa	Studio 1 30
7:30	LM Core	Carolyn	The Pulse 30
8:00	Warm Yoga Flow	Stephanie	Prana Studio 55
8:00	Cycle Zone	Kristie	Wheelhouse 55
8:15	BodyPump	Sue	The Pulse 55
9:15	Mat Pilates	Marion	Prana Studio 55
9:15	GRIT CARDIO	Stephanie	Studio 1 30
9:30	Spash Dance	Cindy	Indoor Pool 55
9:30	HQ Barre Sculpt	Laura B	Releve Studio 45
9:30	BodyCombat	Erin	The Pulse 55
10:00	TRX	Stephanie	Studio 1 30
10:30	Spin Energy Zones	Marion	Wheelhouse 55
10:30	Slow Yoga Flow	Ryah	Prana Studio 90
10:45	Ultimate Core	Michael	Studio 1 45
10:45	Zumba Gold	Heather	The Pulse 55
11:30	Stetch & Release	Michael	The Pulse 55
4:30	Sprint/HITT cycle	Alex	Wheelhouse 30
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	Sprint/HITT Cycle	Gretchen	Wheelhouse 45
7:30	Strength Development	Kristie	The Pulse 45
8:00	Warm Yoga Flow	Ryan	Prana Studio 90
8:30	Cycle Zones	Kristie	Wheelhouse 55
8:30	TRX HITT	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
8:30	Cycle 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	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 Kristie, cardoso@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



Updated: 07/01/2024