



GROUP FITNESS CLASS SCHEDULE

SUBJECT TO CHANGE - CHECK HQ APP FOR LATEST SCHEDULE.

MONDAY				
5:30	RPM Cycle	Gretchen	Wheelhouse	5
5:30	Grit	Kim G	Pulse	5
6:15	TRX	Kim G	Studio 1	3
7:00	BodyPump	Amy	The Pulse	5
8:00	Open Level Flow	Meg	Prana Studio	5
8:15	BodyCombat	Kristin	The Pulse	5
8:30	TRX	Melisa K.	Studio 1	3
9:00	Shapes	Kristie	Releve Studio	5
9:15	Mat Pilates	Colleen	Prana Studio	5
9:15	HIIT	Melisa K.	Studio 1	3
9:30	BodyAttack	Briana	The Pulse	4
9:30	Aqua Fit	Eileen	Indoor Pool	5
9:30	RPM Cycle	Laura	Wheelhouse	4
10:00	LM CORE	Sue	Studio 1	3
10:30	Power Yoga	Melisa K.	Prana Studio	5
10:30	BodyPump	Kristie	The Pulse	5
11:00	Active Aging:Forever Fit	Faye	Studio 1	5
12:00	ActiveAging:GentleYoga	Meg	Prana Studio	5
4:30	GRIT	Allison	Studio 1	3
4:30	LM Sprint/HITT Cycle	Kristie	Wheelhouse	3
4:30	Strength Development	Amy	The Pulse	4
5:00	TRX	Marianne B	Studio 1	3
5:15	BodyCombat	Lula	The Pulse	5
5:30	LM Cardio/Core	Carolyn D	Studio 1	5
5:30	Yoga Flow	Christine F.	Prana Studio	5
5:45	Cycle Express	Marianne B	Wheelhouse	4
6:15	BodyPump Express	Lula	The Pulse	4
6:30	Zumba Toning	Ashley	Studio1	5
6:45	Thai Chi	Donna	Releve	5
7:30	Zumba	Heather	The Pulse	5

TUESDAY				
5:30	BodyPump	Kristin	The Pulse	5
8:00	HOT30 Shred	Stephanie	Prana Studio	3
8:00	Cycle Upper Body Sculpt	Kristie	Wheelhouse	3
8:00	LM CORE	Briana	Studio 1	3
8:30	LM Mashup	Allison	The Pulse	5
8:30	Yoga Flow Express	Stephanie	Prana Studio	3
9:00	Barre Blend	Christine H.	Releve Studic	4
9:15	Functional BodyStep	Marianne B.	Studio 1	5
9:15	Cycle Energy Zones	Marion	Wheelhouse	5
9:30	BodyPump	Erin	The Pulse	5
9:15	Pilates Lengthen and St	Lees	Prana Studio	4
9:30	Splash Dance	Cindy	Indoor Pool	5
10:00	Barre Cardio/HITT	Christine H.	Releve Studic	3
10:30	Strength Development	Kristie	The Pulse	4
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
10:45	Tai Chi	Donna	Releve Studic	5
11:15	Gentle Barre	Heather	Releve Studic	5
12:00	Active Aging Chair Tone	Faye	Studio 1	3
12:00	Warm 45min Yoga	Meg	Prana Studio	4
4:15	Mat Pilates	Lees	Prana Studio	5
4:30	BodyPump	Jenna	The Pulse	5
4:30	Functional Body Step	Thomasina	Studio 1	5
5:30	Open Level Flow	Meg	Prana Studio	5
5:30	BodyJam	Emily	Studio 1	4
5:45	Body Attack Express	Carolyn/Allison	The Pulse	4
6:00	Kettlebell Bootcamp	Peter	Func Train	4
6:30	Barre Sculpt	Emily	Releve Studic	4
6:30	Pedal & Pump	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	Cycle Power	Scott	Wheelhouse	5
8:45	TRX + Weights	Stephanie	Studio 1	3
9:15	BodyBalance	Stacey	Prana Studio	5
9:15	Strength Development	Amy	The Pulse	4
9:30	Splash Dance	Cindy	Indoor Pool	5
9:30	Running Club**	Marion	TBA**	5
9:30	BodyCombat	Amy	The Pulse	5
9:30	BarreSculpt	Carla	Releve Studic	4
10:30	Warm Yoga Flow	Carla	Prana Studio	5
10:45	Active Aging: Zumba Gold	Heather	The Pulse	5
12:00	ActiveAging: low impact st Peter		The Pulse	4
4:30	BodyCombat	Stacey	The Pulse	5
4:30	BodyBalance	Kathleen	Prana Studio	5
4:30	LM Sprint HITT Cycle	Kristie	Wheelhouse	3
5:00	LM CORE	Briana	Studio 1	3
5:30	TRX	Marianne	Studio 1	3
5:30	Tone Express	Lula/Holly	The Pulse	3
6:00	Strength Development	Lula/Holly	The Pulse	4
6:15	Cycle Express	Marianne	Wheelhouse	3
6:15	Zumba	Eileen	Studio 1	5
6:45	Yoga Flow	Aurora	Prana Studio	9
7:00	BodyPump	Shannon	The Pulse	5

Updated 9/1/2024



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THURSDAY				
5:30	Strength Development	Gretchen	The Pulse	5
8:00	Gentle Strength Flow	Jennifer	Prana Studio	4
8:15	Strength Development	Amy	The Pulse	4
8:15	LM CORE	Melisa K	Studio 1	3
9:00	Functional Step	Thomasina	Studio 1	5
9:00	Cycle/Uupper Body Sculp	Melisa K	Wheelhouse	4
9:15	Body Attack Express	Jess/Allison	The Pulse	4
9:00	Barre Blend	Christine	Releve Studio	4
9:30	Aqua Fit	Eileen	Indoor Pool	5
10:00	Barre Cardio/HITT	Christine	Releve Studio	3
10:00	BodyPump	Amy	The Pulse	5
10:00	GRIT Strength	Stephanie	Studio 1	3
10:15	BodyBalance	Carolyn	Prana Studio	5
10:45	TRX	Stephanie	Studio 1	3
10:45	Tai Chi	Donna	Releve Studio	5
11:15	Active Aging low imact	Peter	The Pulse	4
4:30	BodyCombat	Amy	The Pulse	5
4:30	Mat Pilates	Kristin H	Prana Studio	5
5:30				
5:30	BodyPump	Jenna	The Pulse	5
5:45	Yoga Flow	Stacy	Prana Studio	5
6:30	Pedal & Pump	Kristie/ Sha	Wheelhouse	4
7:00	BodyBalance	Patty	Prana Studio	5
7:00	Zumba	Vanessa	The Pulse	5

FRIDAY				
5:30	Courageous cardio 2	Peter	The Pulse	5
6:00	HIIT Cycle	Melisa	Wheelhouse	4
7:00	HIIT	Melisa	Studio 1	3
7:30	LM Core	Carolyn	The Pulse	3
8:00	Warm Yoga Flow	Stephanie	Prana Studio	5
8:30	Cycle Zone	Kristie	Wheelhouse	5
8:15	BodyPump	Sue	The Pulse	5
9:15	Mat Pilates	Marion	Prana Studio	5
9:15	GRIT CARDIO	Stephanie	Studio 1	3
9:30	Spash Dance	Cindy	Indoor Pool	5
9:30	HQ Barre Sculpt	Laura B	Releve Studic	4
9:30	BodyCombat	Erin	The Pulse	5
10:00	TRX	Stephanie	Studio 1	3
10:30	Cycle Energy Zones	Marion	Wheelhouse	5
10:30	Slow Yoga Flow	Ryah	Prana Studio	9
11:00	Ultimate Core	Michael	Studio 1	4
10:45	Zumba Gold	Heather	The Pulse	5
11:45	Active Aging Chair Tone	Faye	The Pulse	5
4:30	Sprint/HITT cycle	Alex	Wheelhouse	3
4:45	BodyAttack	Carolyn/Jenna	The Pulse	5
5:45	Yoga Flow	Izabela	Prana Studio	5
6:00	BodyPump	Marianne M	The Pulse	5
6:45	Thai Chi	Donna	Releve	5

SATURDAY				
7:00	Sprint/HITT Cycle	Gretchen	Wheelhouse	4
7:30	Strength Development	Kristie	The Pulse	4
8:00	Warm Yoga Flow	Ryan	Prana Studio	9
8:30	Cycle Zones	Kristie	Wheelhouse	5
8:30	TRX HITT	Stephanie	Studio1	3
8:30	BodyCombat	Lula / Holly	The Pulse	5
8:30	Aqua Sculpt	Lara	Indoor Pool	5
9:15	BodyBalance	Carolyn	Prana Studio	5
9:15	Classic BodyStep	Megan	Studio 1	5
9:30	Barre Sculpt	Emily	Releve Studic	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

SUNDAY				
7:15	GRIT	Kim G	The Pulse	3
8:30	Cycle 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	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

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



Updated: 09/01/2024