



STUDIO FITNESS CLASS SCHEDULE

SUBJECT TO CHANGE - CHECK HQ APP FOR LATEST SCHEDULE.

MONDAY				
Time	Class	Instructor	Room	Length
5:30	RPM Cycle	Gretchen	Wheelhouse	55
5:30	Grit	Kim G	Pulse	55
6:15	TRX	Kim G	Studio 1	30
7:00	BodyPump	Amy	The Pulse	55
8:00	Open Level Flow	Meg	Prana Studio	55
8:15	BodyCombat	Kristin	The Pulse	55
8:30	TRX	Melisa K.	Studio 1	30
9:00	Shapes	Kristie	Releve Studio	55
9:15	Mat Pilates	Colleen	Prana Studio	55
9:15	HIIT	Melisa K.	Studio 1	30
9:30	BodyAttack	Briana	The Pulse	45
9:30	Cardio H2O	Faye	Indoor Pool	55
9:30	RPM Cycle	Laura	Wheelhouse	45
10:00	LM CORE	Sue	Studio 1	30
10:30	Power Yoga	Melisa K.	Prana Studio	55
10:30	BodyPump	Laura	The Pulse	45
10:45	Cardio H2O	Faye	Indoor Pool	55
12:00	ActiveAging:GentleYoga	Meg	Prana Studio	55
4:30	GRIT	Allison	Studio 1	30
4:30	LM Sprint/HITT Cycle	Alex	Wheelhouse	30
4:30	Strength Development	Amy	The Pulse	45
5:00	TRX	Marianne B.	Studio 1	30
5:15	BodyCombat	Lula	The Pulse	55
5:30	LM Core	Carolyn D	Studio 1	55
5:30	Yoga Flow	Susan	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
6:45	Thai Chi	Donna	Releve	55
7:30	Zumba	Heather	The Pulse	55

TUESDAY				
Time	Class	Instructor	Room	Length
5:30	BodyPump	Kristin	The Pulse	55
8:00	HOT30 Shred	Stephanie	Prana Studio	30
8:00	Cycle Upper Body Sculpt	Kristie	Wheelhouse	30
8:00	LM CORE	Briana	Studio 1	30
8:30	LM Mashup	Allison	The Pulse	55
8:30	Yoga Flow Express	Stephanie	Prana Studio	30
9:00	Barre Blend	Christine H.	Releve Studio	45
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	Barre Cardio/HITT	Christine H.	Releve Studio	30
10:30	Strength Development	Kristie	The Pulse	45
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	Tai Chi	Donna	Releve Studio	55
11:15	Gentle Barre	Heather	Releve Studio	55
12:00	Active Aging Chair Tone	Faye	Studio 1	45
12:00	Warm 45min Yoga	Meg	Prana Studio	45
4:15	Mat Pilates	Lees	Prana Studio	55
4:30	BodyPump	Jenna	The Pulse	55
4:30	Functional Body Step	Thomasina	Studio 1	55
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
6:30	Kettlebell Bootcamp	Peter	Studio 1	45
6:30	Barre Sculpt	Emily	Releve Studio	45
6:30	Pedal & Pump	Kristie/ Shannon	Wheelhouse	45
6:45	BodyBalance	Kim A	Prana Studio	55
7:15	Zumba Toning	Heather	The Pulse	55

WEDNESDAY				
Time	Class	Instructor	Room	Length
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	45
9:30	Splash Dance	Cindy	Indoor Pool	55
9:30	Running Club**	Marion	TBA**	55
9:30	BodyCombat	Amy	The Pulse	55
9:30	BarreSculpt	Carla	Releve Studio	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 strength	Peter	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
5:05	LM CORE	Briana	Studio 1	30
5:30	TRX	Marianne	Studio 1	30
5:30	Tone Express	Lula/Holly	The Pulse	30
6:00	Strength Development	Lula/Holly	The Pulse	45
6:15	Cycle Express	Marianne	Wheelhouse	30
6:15	Zumba	Eileen	Studio 1	55
6:45	Yoga Flow	Aurora	Prana Studio	90
7:00	BodyPump	Shannon	The Pulse	55

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THURSDAY				
Time	Class	Instructor	Room	Length
5:30	Strength Development	Erin	The Pulse	55
8:00	Gentle Strength Flow	Jennifer	Prana Studio	45
8:30	Strength Development	Allison	The Pulse	45
8:15	LM CORE	Melisa K	Studio 1	30
9:00	Functional Step	Thomasina	Studio 1	55
9:00	Cycle/Upper Body Sculpt	Melisa K	Wheelhouse	45
9:15	Body Attack Express	Jess/Allison	The Pulse	45
9:15	Pilates Lengthen/Strengthen	Lees	Prana Studio	55
9:00	Barre Blend	Christine	Releve Studio	45
9:30	Aqua Fit	Eileen	Indoor Pool	55
10:00	Barre Cardio/HITT	Christine	Releve Studio	30
10:00	BodyPump	Amy	The Pulse	55
10:00	GRIT Strength	Stephanie	Studio 1	30
10:15	BodyBalance	Carolyn	Prana Studio	55
10:45	TRX	Dez	Studio 1	30
10:45	Tai Chi	Donna	Releve Studio	55
11:15	Active Aging low impact	Peter	The Pulse	45
4:30	BodyCombat	Amy	The Pulse	55
4:30	Mat Pilates	Kristin H	Prana Studio	55
5:30	Functional Step	Gretchen	Studio 1	55
5:30	BodyPump	Jenna	The Pulse	55
5:45	Yoga Flow	Stacy	Prana Studio	55
6:30	Shapes	Hilary	Releve	45
6:30	Pedal & Pump	Kristie/ Shannon	Wheelhouse	45
6:30	Kettlebell Bootcamp	Peter	Studio 1	55
7:00	BodyBalance	Patty	Prana Studio	55
7:00	Zumba	Vanessa	The Pulse	55

FRIDAY				
Time	Class	Instructor	Room	Length
5:30	Courageous cardio 2	Peter	The Pulse	55
6:00	HIIT Cycle	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
8:30	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	Shapes	Kristie	Releve Studio	45
9:30	BodyCombat	Erin	The Pulse	55
10:00	TRX	Stephanie	Studio 1	30
10:30	Cycle Energy Zones	Marion	Wheelhouse	55
10:30	Slow Yoga Flow	Ryah	Prana Studio	90
11:00	Ultimate Core	Peter	Studio 1	45
10:45	Zumba Gold	Heather	The Pulse	55
11:45	Active Aging Chair Tone	Faye	The Pulse	55
4:30	Shapes	Hilary	Releve	45
4:45	BodyAttack	Carolyn/Jenna	The Pulse	55
5:15	RPM/Cycle	Alex	Wheelhouse	45
5:45	Yoga Flow	Izabela	Prana Studio	55
6:00	BodyPump	Marianne M	The Pulse	55

SATURDAY				
Time	Class	Instructor	Room	Length
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	Shapes	Emily	Releve Studio	45
9:45	BodyPump	Jenna / Briana	The Pulse	55
10:30	Mat Pilates	Lara	Prana Studio	55
10:30	BodyJam	Jenn C	Studio 1	55

SUNDAY				
Time	Class	Instructor	Room	Length
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	Prana	55



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Please sign up for classes using the HQ app

Questions? Please contact Kristie at 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