



GROUP FITNESS SCHEDULE

SPRING 2026

3/30/2026

SUN	MON	TUES	WED	THURS	FRI	SAT
BARRE 8:15 AM - 9:05 AM MICHAL/EX RM 2	FIT & STRONG 6:45 - 7:30 AM ANNETTE/VIRTUAL	BREAKFAST CLUB 6:15 - 7:05 AM KIMANI/EX RM 1	CARDIO STRENGTH CONDITIONING 6:00 - 6:50 AM SHIRA/EX RM 1	THE SURGE 7:00 - 7:50 AM RONNIE/EX RM 1	FIT & STRONG 6:45 - 7:30 AM ANNETTE/VIRTUAL	
CYCLING 8:30 - 9:20 AM JILL / MICHAEL CYCLING RM	METABOLIC CONDITIONING 7:30 - 8:20 AM ROSALIE/EX RM 1	CARDIO CONDITIONING 7:30 - 8:20 AM SHIRA/EX RM 1	FIT & STRONG 6:45 - 7:30 AM ANNETTE/VIRTUAL	BODY SCULPT 7:30 - 8:25 AM SHIRA/VIRTUAL	LEAN BODY BURN 7:30 - 8:20 AM TIFFANY/EX RM 1	
HIIT 8:30 - 9:20 AM TAMAR/EX RM 1	YOGA 8:15 - 9:15 AM JILL/EX RM 2	MAX STRENGTH 8:30 - 9:20 AM SHIRA/EX RM 1	TOTAL BODY FUSION 7:00 - 7:50 AM MICHAL/EX RM 1	YOGA 7:30 - 8:25 AM ALISON/EX RM 2	YOGA ★ 8:30 - 9:20 AM SHIRA G./EX RM 2	SCHEDULE KEY
SLOW FLOW 9:15 - 10:10 AM HARRY/EX RM 2	CARDIO STRENGTH 8:30 - 9:20 AM ADEENA/EX RM 1	HIIT ★ 8:30 - 9:20 AM SHIR/EX RM 2	FUNDAMENTAL FITNESS 8:00 - 8:50 AM KIMANI/EX RM 2	HIIT ★ 8:30 - 9:20 AM HECTOR/EX RM 2	FULL BODY BLAST 8:30 - 9:20 AM TIFFANY/EX RM 1	AQUA
CYCLING 9:30 - 10:15 AM JILL / MICHAEL CYCLING RM	BOOTCAMP X 9:00 - 9:50 AM KIMANI/TAUB GYNNASIUM	CARDIO BOOTY BARRE 9:30 - 10:20 AM MICHAL/EX RM 2	POWER ZONE 8:30 - 9:20 AM ANDREW/EX RM 1	SCULPT PILATES 8:30 - 9:20 AM DONNA/EX RM 1	BOOTCAMP X 9:00 - 9:50 AM KIMANI/TAUB GYNNASIUM	MIND/BODY
STRETCH, STRENGTH & ALIGN ★ 9:30 - 10:20 AM OFIRA/RM 207/208	POWER PUMP 9:30 - 10:20 AM MICHAL/EX RM 2	CYCLING 9:30 - 10:20 AM DONNA/CYCLING RM	BARRELETICS 9:30 - 10:20 AM SHIRA/EX RM 1	OFF THE BARRE 9:30 - 10:20 AM SHIRA/EX RM 1	POWER ZONE 9:30 - 10:20 AM TAMAR/EX RM 1	CYCLING
CARDIO STRENGTH ★ 9:45 - 10:35 AM SHIRA/EX RM 1	PILATES AMPED 9:30 - 10:20 AM TAMAR/EX RM 1	FULL BODY BLAST 9:30 - 10:20 AM TIFFANY/EX RM 1	CYCLING 9:30 - 10:15 AM MICHAEL/CYCLING RM	HITT CIRCUIT BLAST 9:30 - 10:20 AM TIFFANY/EX RM 2	CYCLING 9:30 - 10:15 AM ADEENA/CYCLING RM	CARDIO/STRENGTH
ZUMBA 10:45 - 11:35 AM CECILIA/EX RM 1	CYCLING 9:30 - 10:15 AM MICHAEL/ CYCLING ROOM	PILATES STRETCH 10:30 - 11:20 AM TIFFANY/EX RM 1	POWER VINYASA FLOW 9:30 - 10:25 AM CHAVIE/EX RM 2	CYCLING 9:30 - 10:15 AM DONNA/CYCLING RM	BARRE 9:30 - 10:20 AM MICHAL/EX RM 2	ZUMBA/DANCE
BARRE 10:45 - 11:35 AM SHIRA/EX RM 2	BARRE ★ 10:30 - 11:20 AM TAMAR/YOUTH ROOM 2	BODY BLAST 10:30 - 11:20 AM DONNA/EX RM 2	BARRE 10:30 - 11:20 AM MOIRA/EX RM 2	PILATES 10:30 - 11:20 AM SHIRA/EX RM 1	STRETCH & RECOVERY 10:30 - 11:20 AM RONNIE/EX RM 1	VIRTUAL
	BALANCE YOUR BODY 10:30 - 11:20 AM OFIRA/EX RM 2	TAI CHI 11:30 AM - 12:30 PM DIMITRI/EX RM 2	STRENGTH, STRETCH & ALIGN 10:30 - 11:15 AM OFIRA/EX RM 1	AGE LESS, PLAY MORE 10:30 - 11:20 AM MARGARET/EX RM 2	ZUMBA 10:30 - 11:20 AM MORIA/EX RM 2	NEW FITNESS STUDIO LOCATION
	POWER SCULPT 10:30 - 11:20 AM ADEENA/EX RM 1	ZUMBA 11:30 AM - 12:20 PM CECILIA/EX RM 1	STRETCH & RECOVERY 11:30 AM - 12:20 PM RONNIE/EX RM 1	ZUMBA 11:30 AM - 12:20 PM JEN/EX RM 1	BALANCE YOUR BODY 11:30 AM - 12:20 PM OFIRA/EX RM 1	★ NEW CLASS ADDITION
	ZUMBA GOLD 11:30 AM - 12:20 PM SALONEY/EX RM 1	BALANCE YOUR BODY 12:30 - 1:20 PM OFIRA/EX RM 2	ZUMBA 11:30 AM - 12:20 PM SALONEY/EX RM 2	STRONG AND STEADY 11:30 - 12:20 PM TAMAR K/EX RM 2	MAT PILATES FUSION 11:30 AM - 12:20 PM MORIA/EX RM 2	
	AQUA AEROBICS 12:00 - 12:45 PM ALISON/INDOOR POOL	STRETCH, STRENGTH & ALIGN 5:00 - 5:50 PM OFIRA/EX RM 1	AQUA AEROBICS 11:45 AM - 12:30 PM ALISON/INDOOR POOL	AQUA AEROBICS 11:30 AM - 12:15 PM MARGARET/INDOOR POOL	AQUA AEROBICS 1:00 - 1:45 PM ALISON/INDOOR POOL	
	PILATES STRETCH 12:30 - 1:20 PM TIFFANY/EX RM 2	MAX STRENGTH 6:00 - 6:50 PM TIFFANY/EX RM 1	FUNDAMENTAL FITNESS 12:30 - 1:20 PM KIMANI/EX RM 1	FUNDAMENTAL FITNESS 4:00 - 4:50 PM KIMANI/EX RM 1		SCAN HERE FOR CLASS DESCRIPTIONS!
	MAX STRENGTH 6:00 - 6:50 PM SHIRA/EX RM 1	CYCLING ★ 6:30 - 7:15 PM SUZANNE/CYCLING RM	YOGA 6:00 - 6:55 PM JILL/EX RM 2	ELITE STRENGTH 6:00 - 6:50 PM RONNIE/EX RM 1	★	
	CYCLING 6:30 - 7:15 PM MICHAEL/CYCLING RM	DANCE FITNESS 7:00 PM - 7:50 PM ALVARO/EX RM 1	METABOLIC CONDITIONING 6:30 - 7:20 PM RONNIE/EX RM 1	BALANCE BY THE BARRE 6:00 - 6:50 PM OFIRA/EX RM 2		
	FUNDAMENTAL FITNESS 7:00 - 7:50 PM KIMANI/EX RM 1					

