



GROUP FITNESS SCHEDULE

SEPTEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	Instructors: AF - Augusta Fehn AO - Aida Otieno KA - Krista Avant NK - Nelli Klygina KA - Krista Avant	RD - Rey Drummond CD - Caroline Dozier SR - Shawn Robertson MC - Mary Campbell	Fitness Rooms: MB = Mind and Body FUS = Fusion 1 A/B/C Spin	 SPORTS • FITNESS • AQUATICS	Class Prices: \$50 = 10 Pass Package (\$5 per Class) \$6 = Individual Ticket	
	1 Labor Day No Fitness Classes	2 0600 SPIN AF SPIN 0900 HIIT CD FUS 1000 Athletic Step NK 1A 1100 Butts & Guts MC FUS 1615 Krav Maga SR 1B 1715 FFT RD FUS	3 0900 Beg. Yoga CD 1A 1130 Pump NK 1A 1145 Spin AO Spin 1730 MIXXEDFIT 1B KA	4 0600 SPIN AF SPIN 0900 Kickboxing CD 1A 1015 Stretch'n'Flow NK 1A 1100 Butts & Guts MC FUS 1615 Krav Maga SR 1B 1715 FFT RD FUS	5 0900 HIIT CD FUS 0930 Pump NK 1A 1045 POP Pilates NK 1A	6 0900 FFT RD FUS
7	8 0930 Pump+Core NK 1A 1045 POP Pilates NK 1A 1145 Spin AO Spin	9 0600 SPIN AF SPIN 0900 HIIT CD FUS 1000 Athletic Step NK 1A 1100 Butts & Guts MC FUS 1615 Krav Maga SR 1B	10 0900 Beg. Yoga CD 1A 1130 Pump NK 1A 1145 Spin AO Spin 1730 MIXXEDFIT 1B KA	11 0600 SPIN AF SPIN 0900 Kickboxing CD 1A 1015 Stretch'n'Flow NK 1A 1100 Butts & Guts MC FUS 1615 Krav Maga SR 1B	12 0900 HIIT CD FUS 0930 Pump NK 1A 1045 POP Pilates NK 1A	13
14	15 0930 Pump+Core NK 1A 1045 POP Pilates NK 1A 1145 Spin AO Spin	16 0600 SPIN AF SPIN 0900 HIIT CD FUS 1000 Athletic Step NK 1A 1100 Butts & Guts MC FUS 1615 Krav Maga SR 1B	17 0900 Beg. Yoga CD 1A 1130 Pump NK 1A 1145 Spin AO Spin 1730 MIXXEDFIT 1B KA	18 0900 Kickboxing CD 1A 1015 Stretch'n'Flow NK 1A 1100 Butts & Guts MC FUS 1615 Krav Maga SR 1B	19 0900 HIIT CD FUS 0930 Pump NK 1A 1045 POP Pilates NK 1A	20
21	22 0930 Pump+Core NK 1A 1045 POP Pilates NK 1A 1145 Spin AO Spin	23 0900 HIIT CD FUS 1000 Athletic Step NK 1A 1100 Butts & Guts MC FUS 1715 FFT RD FUS	24 0900 Beg. Yoga CD 1A 1130 Pump NK 1A 1145 Spin AO Spin 1730 MIXXEDFIT 1B KA	25 0900 Kickboxing CD 1A 1015 Stretch'n'Flow NK 1A 1100 Butts & Guts MC FUS	26 0900 HIIT CD FUS 0930 Pump NK 1A 1045 POP Pilates NK 1A	27 0900 FFT RD FUS
28	29 0930 Pump+Core NK 1A 1045 POP Pilates NK 1A 1145 Spin AO Spin	30 1000 Athletic Step NK 1A 1100 Butts & Guts MC FUS 1615 Krav Maga SR 1B 1715 FFT RD FUS	    U.S. ARMY			