



# Group Fitness

## May 2024



Find this schedule in a  
two-page printable  
version on our website at  
**fshfc.com**


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
 <p>This Month: Restorative Yoga on Fridays is extended to 55 minutes!</p> <p><b>LES MILLS VIRTUAL</b></p> <p><b>COMING SOON IN ALL 3 STUDIOS! ENJOY YOUR FAVORITE WORKOUTS ON THE BIG SCREEN!</b></p>			6:00 Bootcamp 45 (1) 8:30 Pure Muscle 45 (1) 9:00 Aqua BC (P) 9:00 Pilates (2) 9:20 CardioStep 45(1) 10:10 Core 30 (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low(1) 12:00 BodyPump 45 (1) 12:00 SPIN RPM (3) 4:30 Functional Step (1) 5:30 BodyCombat(1) 6:00 Aqua (P) 6:00 Yoga (2) 6:15 SPIN(3) 6:30 BodyPump (1)	Stephanie Eric Pam Karen Courtney Monique Donna Karen Monique Katie Meg NO CLASS Mikaela Jennifer Kristi Michael Ashley	1 6:00 SPRINT (3) 8:00 Tone & Balance 45(2) 8:30 Functional Step(1) 9:00 BodyBalance (2) 9:00 SPIN 45 (3) 9:30 Bootcamp 45 (1) 10:00 SPRINT (3) 10:15 QiGong (2) 10:45 BodyPump (1) 5:00 Barre (2) 5:30 BootCamp 45(1) 6:45 Cardio Dance (1)	2 Kim Monique Shana Karen Stephanie Eric Shana Bill/Linda Mikaela Erika Betsy NO CLASS	3 6:00 BodyPump (1) 8:30 Kickboxing(1) 8:45 SPIN 45(3) 9:00 Barre (2) 9:35 BodyPump (1) 10:00 Joltercize (P) 10:00 Power Yoga (2) 10:45 Go Low (1) 12:00 SPIN (3) 1:15 Rest. Yoga (2) 4:45 SPRINT (3) 5:30 BodyPump (1)	Jackie Courtney Monique Kristi Sara Betsy Kristi Shana Mikaela Katie Karen Sarah Ashley	4 8:00 BodyStep (1) 8:00 SPIN 45 (3) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:05 SPRINT (3) 9:05 BodyPump (1) 10:00 Barre (2) 10:15 BodyAttack 45(1) 11:00 Yoga (2) 11:05 Core 30 (1)	Courtney Shana Katie Cassie Mikaela Courtney Chelsea Shannon Karen Shannon		
5 11:30 BST/BP 90 (1) 1:00 Yoga (2) 1:00 SPIN RPM(3) 2:00 BodyPump (1) 2:00 BodyBalance (2)	Courtney Sheila Meg Ashley Sheila	6 6:00 BodyPump (1) 8:30 Barre (2) 8:30 BodyStep (1) 8:30 SPIN 45 (3) 9:00 Aqua BC (P) 9:30 Core Fusion 25 (2) 9:30 Core 25 (1) 10:00 PureMuscle 45(1) 10:00 Yoga (2) 10:15 Aqua (P) 10:45 GoLow (1) 12:00 SPIN (3) 4:30 Cardio Step (1) 5:00 Barre (2) 5:30 BodyAttack (1) 6:00 Aqua (P) 6:15 SPIN 45 (3) 6:00 Yoga (2) 6:30 BodyPump (1)	Sara Cassie Alesia Sara Stephanie Cassie Suzanna Suzanna Shana Stephanie Sara Monique Shana Erika Mikaela Kristi Chris O Karen Katie	7 Kim Philip Elizabeth Courtney Jennifer Karen Shana Sara Cassie Betsy Whitney Kristi Jenna Wendy	8 6:00 Bootcamp 45 (1) 8:30 Pure Muscle 45 (1) 9:00 Aqua BC (P) 9:00 Pilates (2) 9:20 CardioStep 45(1) 10:10 Core 30 (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low(1) 12:00 BodyPump 45 (1) 12:00 SPIN RPM (3) 4:30 Functional Step (1) 5:30 BodyCombat(1) 6:00 Aqua (P) 6:00 Yoga (2) 6:15 SPIN RPM(3) 6:30 BodyPump (1)	Philip Sara Katie Karen Monique Monique Donna Karen Elizabeth Ashley Meg Shana Mikaela Pam Wendy Ashley Alesia	9 6:00 SPRINT (3) 8:00 Tone & Balance 45(2) 8:30 BOSU (1) 9:00 BodyBalance (2) 9:00 SPIN 45 (3) 9:30 Bootcamp 45 (1) 10:00 SPRINT (3) 10:15 QiGong (2) 10:45 BodyPump (1) 5:00 Barre (2) 5:30 Uppercut(1) 6:45 Cardio Dance (1)	Shana Karen K Betsy Cassie Shana Monique Sara Bill/Linda Sara Kristi Philip Jenna	10 6:00 BodyPump (1) 8:30 BodyCombat(1) 8:45 SPIN 45(3) 9:00 Aqua (P) 9:00 Barre (2) 9:35 BodyPump (1) 10:00 Joltercize (P) 10:00 Power Yoga (2) 10:45 Go Low (1) 12:00 SPIN (3) 1:15 Rest. Yoga (2) 4:45 SPRINT (3) 5:30 BodyPump (1)	Ashley Victoria Shana Wendy Chelsea Betsy Wendy Michael Mikaela Katie Jenna Kim Ashley	11 8:00 BodyStep (1) 8:00 SPIN 45 (3) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:05 SPRINT (3) 9:05 BodyPump (1) 10:00 Barre (2) 10:15 BodyAttack 45(1) 11:00 Yoga (2) 11:05 Core 30 (1)	Jackie Sheila Kari Sheila Sarah Jackie Mikaela Shannon Kristi Shannon

(1) = Studio #1 (2) = Studio #2 (3) = Studio #3 (P) = Pool

All classes are 50-55 minutes in length Unless otherwise noted with a number after (ie... BodyStep/BodyPump 90, class is 90 minutes in length)

BST/BP 90 = Combo BodyStep and BodyPump

Indoor Cycling... SPIN Classes will focus on Coach by Color and FTW (Functional Threshold Watt) training Spin-RPM—Les Mills Indoor Cycling Program  
SPRINT—Les Mills 30 minute High Intensity Interval Training on the Indoor Cycle

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>12</p> <p>11:30 BST/BP 90 (1) 1:00 Yoga (2) 1:00 SPIN (3) 2:00 BodyPump (1) 2:00 BodyBalance (2)</p> <p>Whitney Jenna Michael Ashley Sheila</p>	<p>13</p> <p>6:00 BodyPump (1) 8:30 Barre (2) 8:30 BodyStep (1) 8:30 SPIN 45 (3) 9:00 Aqua BC (P) 9:30 Core Fusion 25 (2) 9:30 Core 25 (1) 10:00 PureMuscle 45(1) 10:00 Yoga (2) 10:15 Aqua (P) 10:45 GoLow (1) 12:00 SPIN (3) 4:30 Cardio Step (1) 5:00 Barre (2) 5:30 BodyAttack (1) 6:00 Aqua (P) 6:15 SPIN 45 (3) 6:00 Yoga (2) 6:30 BodyPump (1)</p> <p>Katie Chelsea Alesia Stephanie Sara Chelsea Eric Eric Jenna Sara Monique Chris C Shana Kristi Mikaela Kari Chris O Kristi Ashley</p>	<p>14</p> <p>6:00 SPRINT (3) 6:00 Uppercut Boxing (1) 8:00 Tone &amp; Balance 45 (2) 8:30 BodyCombat(1) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:30 BodyAttack (1) 9:30 SPRINT (3) 10:15 Barre (2) 10:35 BodyPump(1) 4:30 BST/BP 75(1) 6:00 BodyBalance (2) 6:45 Cardio Dance (1) 7:00 Rest. Yoga 45 (2)</p> <p>Kim Shana Elizabeth Victoria Stephanie Karen Eric Sara Chelsea Ashley Courtney Kristi Jenna Karen</p>	<p>15</p> <p>6:00 Bootcamp 45 (1) 8:30 Pure Muscle 45 (1) 9:00 Aqua BC (P) 9:00 Pilates 45 (2) 9:20 CardioStep 45(1) 10:10 Core 30 (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low(1) 12:00 BodyPump 45 (1) 12:00 SPIN (3) 4:30 Functional Step (1) 5:30 BodyCombat(1) 6:00 Aqua (P) 6:00 Yoga (2) 6:15 SPIN 45(3) 6:30 BodyPump (1)</p> <p>Sara Betsy Jennifer Karen Shana Shana Donna Karen Elizabeth Katie Ashley Shana Mikaela Kristi Alesia Michael Shannon</p>	<p>16</p> <p>6:00 SPRINT (3) 8:00 Tone &amp; Balance 45(2) 8:30 Functional Step (1) 9:00 BodyBalance (2) 9:00 SPIN 45 (3) 9:30 Bootcamp 45 (1) 10:00 SPRINT (3) 10:15 QiGong (2) 10:45 BodyPump (1) 5:00 Barre (2) 5:30 Bootcamp 45 (1) 6:45 Cardio Dance (1)</p> <p>Sara Stephanie Shana Sara Katie Betsy Mikaela Bill/Linda Ashley Shana Courtney Jenna</p>	<p>17</p> <p>6:00 BodyPump (1) 8:30 Kickboxing (1) 8:45 SPIN 45(3) 9:00 Aqua (P) 9:00 Barre (2) 9:35 BodyPump (1) 10:00 Power Yoga (2) 10:00 Jointercize (P) 10:45 Go Low (1) 12:00 SPIN RPM (3) 1:15 Rest. Yoga (2) 4:45 SPIN RPM (3) 5:30 BodyPump (1)</p> <p>Jackie Betsy Monique Stephanie Shana Sara Shana Stephanie Eric Wendy Wendy Sarah Whitney</p>	<p>18</p> <p>8:00 BodyStep (1) 8:00 SPIN 45 (3) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:05 SPRINT (3) 9:05 BodyPump (1) 10:00 Barre (2) 10:15 BodyAttack 45(1) 11:00 Yoga (2) 11:05 Core 30 (1)</p> <p>Jackie Monique Kari Jackie Shannon Betsy Erika Ashley Karen Ashley</p>
<p>19</p> <p>11:30 BST/BP 90 (1) 1:00 Restore Yoga (2) 1:00 SPIN (3) 2:00 BodyPump (1) 2:00 BodyBalance (2)</p> <p>Jackie Karen Katie Sheila Karen</p>	<p>20</p> <p>6:00 BodyPump (1) 8:30 Barre (2) 8:30 BodyStep (1) 8:30 SPIN 45 (3) 9:00 Aqua BC (P) 9:30 Core Fusion 25 (2) 9:30 Core 25 (1) 10:00 PureMuscle 45(1) 10:00 Yoga (2) 10:15 Aqua (P) 10:45 GoLow (1) 12:00 SPIN (3) 4:30 Cardio Step (1) 5:00 Barre (2) 5:30 BodyAttack (1) 6:00 Aqua (P) 6:15 SPIN 45 (3) 6:00 Yoga (2) 6:30 BodyPump (1)</p> <p>Sara Shana Whitney Sara Jennifer Shana Betsy Betsy Jenna Wendy Monique Chris C Shana Chelsea Shana Stephanie Chris O Karen Alesia</p>	<p>21</p> <p>6:00 SPRINT (3) 6:00 Uppercut Boxing (1) 8:00 Tone &amp; Balance 45 (2) 8:30 Kickboxing(1) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:30 BodyAttack (1) 9:30 SPRINT (3) 10:15 Barre (2) 10:35 BodyPump(1) 4:30 BST/BP 75(1) 6:00 BodyBalance (2) 6:45 Cardio Dance (1) 7:00 Rest. Yoga 45 (2)</p> <p>Sara Philip Elizabeth Betsy Jennifer Chelsea Eric Sara Sara Whitney Courtney Kristi Jenna Wendy</p>	<p>22</p> <p>6:00 Bootcamp 45 (1) 8:30 Pure Muscle 45 (1) 9:00 Aqua BC (P) 9:00 Pilates 45 (2) 9:20 CardioStep 45(1) 10:10 Core 30 (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low(1) 12:00 BodyPump 45 (1) 12:00 SPIN RPM (3) 4:30 Functional Step (1) 5:30 BodyCombat(1) 6:00 Aqua (P) 6:00 Yoga (2) 6:15 SPIN 45 (3) 6:30 BodyPump (1)</p> <p>Stephanie Monique Stephanie Karen Shana Shana Donna Karen Elizabeth Betsy Meg Shana Ashley Kristi Alesia Michael Ashley</p>	<p>23</p> <p>6:00 SPRINT (3) 8:00 Tone &amp; Balance 45(2) 8:30 BOSU (1) 9:00 BodyBalance (2) 9:00 SPIN 45 (3) 9:30 Bootcamp 45 (1) 10:00 SPRINT (3) 10:15 QiGong (2) 10:45 BodyPump (1) 5:00 Barre (2) 5:30 Uppercut (1) 6:45 Cardio Dance (1)</p> <p>Shana Sara Monique Sara Stephanie Eric Shana Bill/Linda Ashley Erika Philip Jenna</p>	<p>24</p> <p>6:00 Pure Muscle (1) 8:30 BodyCombat(1) 8:45 SPIN 45(3) 9:00 Aqua (P) 9:00 Barre (2) 9:35 BodyPump (1) 10:00 Power Yoga (2) 10:00 Jointercize (P) 10:45 Go Low (1) 12:00 SPIN RPM (3) 1:15 Rest. Yoga (2) 4:45 SPRINT (3) 5:30 BodyPump (1)</p> <p>Shana Victoria Shana Wendy Kristi Sara Michael Wendy Eric Ashley Jenna Sarah Ashley</p>	<p>25</p> <p>8:00 Functional Step(1) 8:00 SPIN RPM 45 (3) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:05 SPRINT (3) 9:05 BodyPump (1) 10:00 Barre (2) 10:15 BodyAttack 45(1) 11:00 Yoga (2) 11:05 Core 30 (1)</p> <p>Shana Sheila Erika Sheila Kim Shannon Chelsea Ashley Wendy Ashley</p>
<p>26</p> <p>Come enjoy a late-morning workout before enjoying the holiday!</p> <p>11:30 BST/BP 90 (1)</p> <p>Alesia</p>	<p>27</p> <p>6:00 SPRINT (3) 6:00 Uppercut Boxing (1) 8:00 Tone &amp; Balance 45 (2) 8:30 Kickboxing(1) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:30 BodyAttack (1) 9:30 SPRINT (3) 10:15 Barre (2) 10:35 BodyPump(1) 4:30 BST/BP 75(1) 6:00 BodyBalance (2) 6:45 Cardio Dance (1) 7:00 Rest. Yoga 45 (2)</p> <p>NO GROUP CLASSES TODAY</p> 	<p>28</p> <p>6:00 SPRINT (3) 6:00 Uppercut Boxing (1) 8:00 Tone &amp; Balance 45 (2) 8:30 Kickboxing(1) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:30 BodyAttack (1) 9:30 SPRINT (3) 10:15 Barre (2) 10:35 BodyPump(1) 4:30 BST/BP 75(1) 6:00 BodyBalance (2) 6:45 Cardio Dance (1) 7:00 Rest. Yoga 45 (2)</p> <p>Kim Philip Shana Betsy Stephanie Chelsea Eric Shana Shana Ashely Alesia Cassie Jenna Wendy</p>	<p>29</p> <p>6:00 Bootcamp 45 (1) 8:30 Pure Muscle 45 (1) 9:00 Aqua BC (P) 9:00 Pilates 45 (2) 9:20 CardioStep 45(1) 10:10 Core 30 (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low(1) 12:00 BodyPump 45 (1) 12:00 SPIN RPM (3) 4:30 Functional Step (1) 5:30 BodyCombat(1) 6:00 Aqua (P) 6:00 Yoga (2) 6:15 SPIN 45 (3) 6:30 BodyPump (1)</p> <p>Philip Eric Pam Karen Shana Shana Donna Karen Stephanie Betsy Stephanie Shana Ashley Kristi Michael Kari Shannon</p>	<p>30</p> <p>6:00 SPRINT (3) 8:00 Tone &amp; Balance 45(2) 8:30 Functional Step (1) 9:00 BodyBalance (2) 9:00 SPIN 45 (3) 9:30 Bootcamp 45 (1) 10:00 SPRINT (3) 10:15 QiGong (2) 10:45 BodyPump (1) 5:00 Barre (2) 5:30 Bootcamp 45 (1) 6:45 Cardio Dance (1)</p> <p>Sara Stephanie Shana Cassie Katie Betsy Mikaela NO CLASS Whitney Erika Philip Jenna</p>	<p>31</p> <p>6:00 BodyPump (1) 8:30 BodyCombat(1) 8:45 SPIN 45(3) 9:00 Aqua (P) 9:00 Barre (2) 9:35 BodyPump (1) 10:00 Power Yoga (2) 10:00 Jointercize (P) 10:45 Go Low (1) 12:00 SPIN RPM(3) 1:15 Rest. Yoga (2) 4:45 SPRINT (3) 5:30 BodyPump (1)</p> <p>Ashley Victoria Sara Kristi Cassie Betsy Jenna Kristi Katie Ashley Wendy Sara Suzanna</p>	