

| | Monday - Summer Schedule | | | | | | Tuesday - Summer Schedule | | | | | | Wednesday - Summer Schedule | | | | | | | | | | | | | |
|---------------|---|---------------------------------------|--------------------------------|--------------------------------------|--|---------------------------------|--|--|---|-----------------------------------|-----------------------------------|--------------------------------------|--|--|--|-----------------------------------|---------------------------------------|---------------|--|--|-------------------------|--|--|--|-----------------------------------|---------------------------------|
| | Studio A | Studio B | Studio C | Studio D | Studio E | | Studio A | Studio B | Studio C | Studio D | Studio E | | Studio A | Studio B | Studio C | Studio D | Studio E | | | | | | | | | |
| 6:00 - 6:30 | | | | Cycling Plus (6:00-7:00) Sheila | | 6:00 - 6:30 | | Step Survival 1 (6:15-7:15) Vanessa/Ko | | | | 6:00 - 6:30 | | | | StudioCycling 6 (6:00-7:00) Nina | | | | | | | | | | |
| 6:30 - 7:00 | | Barre 360 (6:30-7:20) Jan | | | | 6:30 - 7:00 | Total Body HIIT (6:30-7:30) Mahya | | | | | 6:30 - 7:00 | | Pilates Barre Fusion (6:30-7:20) Sara S. | | | | | | | | | | | | |
| 7:00 - 7:30 | | | | | | 7:00 - 7:30 | | | | | | 7:00 - 7:30 | | | | | | | | | | | | | | |
| 7:30 - 8:00 | | Conditioning for Life (7:30-8:15) Dan | | | | 7:30 - 8:00 | | | | | | 7:30 - 8:00 | | Conditioning for Life (7:30-8:15) Dan | | | | | | | | | | | | |
| 8:00 - 8:30 | TRX 1 (8:10-8:55) Gwyn | | Youth Day Camp | | Youth Day Camp | 8:00 - 8:30 | Vinyasa Yoga 9 (8:00-9:00) Mai | | Youth Day Camp | | Youth Day Camp | 8:00 - 8:30 | TRX 4 (8:10-8:55) Gwyn | | Youth Day Camp | | Youth Day Camp | | | | | | | | | |
| 8:30 - 9:00 | | | | | | 8:30 - 9:00 | | | | | | 8:30 - 9:00 | | | | | | 8:30 - 9:00 | | | NIA 2 (8:30-9:30) Megan | | | | | |
| 9:00 - 9:30 | | | | | | | | 9:00 - 9:30 | | | | Tai Chi 3 (9:05-9:55) Daryl M. | Intermediate Pilates (9:15-10:15) Lauren M. | | | | | 9:00 - 9:30 | Yogalates (9:00-9:45) Gwyn | | | | | | | |
| 9:30 - 10:00 | Vinyasa Yoga 1 (9:15-10:15) Rachel | All Around Fitness (9:45-10:45) Mimi | | | | | | 9:30 - 10:00 | | | | | | | | | | 9:30 - 10:00 | | | | All Around Fitness (9:45-10:45) Mimi | | | GroupStrength 1 (9:30-10:30) Mike | |
| 10:00 - 10:30 | | | | | | | | 10:00 - 10:30 | | | | | | | | | | 10:00 - 10:30 | Iyengar Yoga Level 1-2 (10:00-11:30) Pam | | | | | | | |
| 10:30 - 11:00 | Gentle Iyengar Yoga (10:45-11:45) Toni | | | | | | | 10:30 - 11:00 | | | | | Lean Mean Senior Machine (10:45-11:45) Susan | | | | | 10:30 - 11:00 | | | | | | | | |
| 11:00 - 11:30 | | Enhance Fitness (11:00-12:00) Mimi | | | | | | 11:00 - 11:30 | | | | | | | | | | 11:00 - 11:30 | | | | | Enhance Fitness (11:00-12:00) Mimi | | | |
| 11:30 - 12:00 | | | | | | | | 11:30 - 12:00 | | | | Chair Yoga 2 (11:45-12:45) Lauren H. | | | | | | 11:30 - 12:00 | Beginning to Moving For Better Balance (11:45-12:30) Daryl | | | | | | | Flex & Firm (11:00-12:00) Megan |
| 12:00 - 12:30 | TRX 2 (12:00-12:45) Gwyn | Power Lunch (12:15-1:00) Gail | | | | | | 12:00 - 12:30 | | | | | Barre 360 2 (12:00-12:50) Jan | | | | | 12:00 - 12:30 | Get Fit (12:15-1:00) Mike | | | | Beginning to Moving For Better Balance (11:45-12:30) Daryl | | | |
| 12:30 - 1:00 | | | | | | | | 12:30 - 1:00 | | | | | | | | | | 12:30 - 1:00 | | | | Moving For Better Balance (12:30-1:15) Ken | | | | |
| 1:00 - 1:30 | | | | | 1:00 - 1:30 | Hatha Yoga 2 (1:00-2:00) Carter | | | 1:00 - 1:30 | Women's Strength (1:15-2:15) Mike | | | | | | | | | | | | | | | | |
| 1:30 - 2:00 | | | | | 1:30 - 2:00 | | LIVESTRONG (1:00-3:00) | | 1:30 - 2:00 | | | | | | | | | | | | | | | | | |
| 2:00 - 2:30 | | | | Pedaling for Parkinson's (1:30-3:00) | | 2:00 - 2:30 | | | 2:00 - 2:30 | | | | | | | | | | | | | | | | | |
| 2:30 - 3:00 | | | | | | 2:30 - 3:00 | | | 2:30 - 3:00 | | | | | | | | | | | | | | | | | |
| 3:00 - 3:30 | | | | | | 3:00 - 3:30 | | | 3:00 - 3:30 | | | | | | | | | | | | | | | | | |
| 3:30 - 4:00 | | | | | | 3:30 - 4:00 | | | 3:30 - 4:00 | | | | | | | | | | | | | | | | | |
| 4:00 - 4:30 | | | | | | 4:00 - 4:30 | | | 4:00 - 4:30 | | | | | | | | | | | | | | | | | |
| 4:30 - 5:00 | | Ballet 1 Pre- Ballet I (4:30-5:15) | | | | 4:30 - 5:00 | | | 4:30 - 5:00 | | | | | | | | | | | | | | | | | |
| 5:00 - 5:30 | | | | | | 5:00 - 5:30 | HIITTRX (5:15-6:00) Chad | | | | | 5:00 - 5:30 | Beginner Yoga 1 (5:00-6:00) Lauren H. | | | | | | | | | | | | | |
| 5:30 - 6:00 | Int. Pilates Mat Flow (5:30-6:30) Kristin | Cardio Karate 1 (5:30-6:30) Morris | Judo 1 Beginning (5:30-6:30) | StudioCycling 2 (5:30-6:30) Gianna | | 5:30 - 6:00 | | Body Core 1 (5:30-6:30) Lena | | | | 5:30 - 6:00 | | | Zumba Make-Up Classes 6/27, 7/11, 7/18 (5:30-6:30) | | | | | | | | | | | |
| 6:00 - 6:30 | | | | | | 6:00 - 6:30 | | | | | | 6:00 - 6:30 | Vinyasa Yoga 10 (6:15-7:15) Carter | | | | | | | | | | | | | |
| 6:30 - 7:00 | | Zumba 1 (6:30-7:30) Carol/Andrea | Judo 3 Int/Adv (6:30-7:30) | | Karate 1 All Levels (6:30-7:30) Morris | 6:30 - 7:00 | Vinyasa Yoga 2 (6:15-7:15) Carter | | Adult Int. Tap (6:30-7:30) | | StudioCycling 5 (6:15-7:15) Janet | 6:30 - 7:00 | | Cardio Karate 2 (6:30-7:30) Morris | | Studio Cycling 7 (6:30-7:30) Ryan | Karate 1 All Levels (6:30-7:30) Clark | | | | | | | | | |
| 7:00 - 7:30 | | | | Bike/Tone 2 (7:00-8:15) Judy | | 7:00 - 7:30 | | | | | | 7:00 - 7:30 | | | | | | | | | | | | | | |
| 7:30 - 8:00 | | Karate 3 (7:30-8:30) | | | | 7:30 - 8:00 | Intermediate Vinyasa Yoga 1 (7:30-8:45) Carter | | Dance 12 Belly Dance II/III (7:30-9:15) | | Zumba 2 Hailey (7:30-8:30) | 7:30 - 8:00 | Crossfire (7:30-8:30) Tony | | Karate 3 (7:30-8:30) | Judo 5, Club (7:00-9:00) | | | | | | | | | | |
| 8:00 - 8:30 | | Karate 4 (7:30-9:00) Morris | Jujutsu 1 Beginner (7:30-9:30) | | | 8:00 - 8:30 | | | | | | 8:00 - 8:30 | | Karate 4 (7:30-9:00) Morris | | | | | | | | | | | | |
| 8:30 - 9:00 | | | | | | 8:30 - 9:00 | | | | | | 8:30 - 9:00 | | | | | | | | | | | | | | |
| 9:00 - 9:30 | | | | | | 9:00 - 9:30 | | | | | | 9:00 - 9:30 | | | | | | | | | | | | | | |
| 9:30 - 10:00 | | | | | | 9:30 - 10:00 | | | | | | 9:30 - 10:00 | | | | | | | | | | | | | | |
| | Class offerings are subject to minimum enrollment | | | | | | Free Classes in Yellow | | Punch Card Eligible | No Registration Necessary | | | Session Dates : June 25th - August 19th | | | | | | | | | | | | | |

| | Thursday - Summer Schedule | | | | | | Friday - Summer Schedule | | | | | | Saturday - Summer Schedule | | | | | | | |
|---------------|---|---|----------------------------------|-------------------------------------|-----------------------------------|--|--------------------------|--|---|--|---|-------------|----------------------------------|-------------------------------------|--|---------------------------------------|---|-------------------------------------|--|--|
| | Studio A | Studio B | Studio C | Studio D | Studio E | | Studio A | Studio B | Studio C | Studio D | Studio E | | Studio A | Studio B | Studio C | Studio D | Studio E | | | |
| 6:00 - 6:30 | Mindful Vinyasa Yoga 2 (6:15-7:15) Chelsea | | | StudioCycling 8 (6:00-7:00) Pauline | | 6:00 - 6:30 | | | | | | 6:00 - 6:30 | | | | | | | | |
| 6:30 - 7:00 | | | | | | 6:30 - 7:00 | | | | | | 6:30 - 7:00 | | | | | | | | |
| 7:00 - 7:30 | | | | | | | 7:00 - 7:30 | | | | | | 7:00 - 7:30 | | | | | | | |
| 7:30 - 8:00 | | | | | | 7:30 - 8:00 | | | | | | 7:30 - 8:00 | | | | | | | | |
| 8:00 - 8:30 | | Vinyasa Yoga 6 (8:00-9:00) Mai | Youth Day Camp | | Youth Day Camp | 8:00 - 8:30 | TRX 3 (8:10-8:55) Gwyn | | | | | 8:00 - 8:30 | | | | Studio Cycling 11 (8:00-9:00) Ryan | Karate Sparring Club (8:00-9:00) Morris | | | |
| 8:30 - 9:00 | Guided Iyengar Practice (8:30-10:30) Liz B. | Beginning Pilates 5 (9:15-10:15) Lauren M. | | | | | 8:30 - 9:00 | Mindful Vinyasa 3 (9:10-10:10) Lauren H. | Conditioning for Life (7:30-8:15) Dan | | | | 8:30 - 9:00 | | | | Aikido 2 Beginning (8:45-9:30) | | | |
| 9:00 - 9:30 | | | | | | | | | | Total Body HIIT 2 (8:30-9:30) Gretchen | | | | 9:00 - 9:30 | | | | | | |
| 9:30 - 10:00 | | | | | | | | | | | All Around Fitness (9:45-10:45) Sara F. | | | | 9:30 - 10:00 | Vinyasa Yoga 7 (9:15-10:15) Anya | Ballet 3 Pre-Ballet (9:00-9:45) | | | |
| 10:00 - 10:30 | | | | | | | | | | | | | 10:00 - 10:30 | | Ballet 9 Floor Barre (9:50-10:50) | | | | | |
| 10:30 - 11:00 | Chair Yoga (10:45-11:45) Lauren H. | | | | | Lean Mean Senior Machine (10:45-11:45) Susan | | 10:30 - 11:00 | Iyengar Style Yoga Level 1-2 (10:30-12:00) Liz B. | | | | 10:30 - 11:00 | | | | | | | |
| 11:00 - 11:30 | | | | Zumba 4 (11:00-12:00) Hailey | | | | 11:00 - 11:30 | | Enhance Fitness (11:00-12:00) Mimi | | | 11:00 - 11:30 | | | | | | | |
| 11:30 - 12:00 | | | | | | | | | 11:30 - 12:00 | | | | | 11:30 - 12:00 | Iyengar Yoga 2 Level 1-2 (11:00-12:30) Linda | Adult Cont./Int. Ballet (11:00-12:15) | | | | |
| 12:00 - 12:30 | Iyengar Yoga 1 Level 1 (12:00-1:30) Linda | Power Lunch 2 (12:15-1:00) Gail | | | | Studio Cycling Express 2 (12:00-12:45) Janet | | 12:00 - 12:30 | Yogalates (12:15-1:00) Gwyn | HIIT Circuits (12:15-1:00) Sara S. | | | 12:00 - 12:30 | | | | | | | |
| 12:30 - 1:00 | | | | LIVESTRONG (1:00-3:00) | | Workout To-Go (1:15-2:15) Mike | | 12:30 - 1:00 | | | | | 12:30 - 1:00 | | | | | | | |
| 1:00 - 1:30 | | | | | | | 1:00 - 1:30 | | | | | 1:00 - 1:30 | Yin Flow Yoga (12:45-1:45) Lewis | Adult Beginning Ballet (12:30-1:30) | | | | | | |
| 1:30 - 2:00 | | | | | | 1:30 - 2:00 | | | | | 1:30 - 2:00 | | | | | | | | | |
| 2:00 - 2:30 | | | | | | 2:00 - 2:30 | | | | | | 2:00 - 2:30 | | | | | | | | |
| 2:30 - 3:00 | | | | | | 2:30 - 3:00 | | | | | | 2:30 - 3:00 | | | | | | | | |
| 3:00 - 3:30 | | | | | | 3:00 - 3:30 | | | | | | 3:00 - 3:30 | | | | | | | | |
| 3:30 - 4:00 | | | | | | 3:30 - 4:00 | | | | | 3:30 - 4:00 | | | | | | | | | |
| 4:00 - 4:30 | | | | | | 4:00 - 4:30 | | | | | 4:00 - 4:30 | | | | | | | | | |
| 4:30 - 5:00 | | Ballet 4 Beginning I (4:30-5:25) | | | | 4:30 - 5:00 | | | | | 4:30 - 5:00 | | | | | Fencing Beginning Ages 9+ (4:00-5:00) | | | | |
| 5:00 - 5:30 | Vinyasa Yoga for Runners (5:05-6:00) Robin | | | | | 5:00 - 5:30 | | | | | 5:00 - 5:30 | | | | | | Fencing 3 Intermediate 12 + (5:00-6:00) | | | |
| 5:30 - 6:00 | | WERQ Dance Fitness (5:30-6:30) Dana | | StudioCycling 9 (5:30-6:30) Liz P. | | 5:30 - 6:00 | | | | | 5:30 - 6:00 | | | | | | | | | |
| 6:00 - 6:30 | Iyengar Evening Yoga Level 1 (6:15-7:45) Linda | | | | | 6:00 - 6:30 | | | | | 6:00 - 6:30 | | | | | | | Fencing 7 Practice Club (6:00-7:00) | | |
| 6:30 - 7:00 | | | | | | 6:30 - 7:00 | | | | | 6:30 - 7:00 | | | | | | | | | |
| 7:00 - 7:30 | | | Fencing 5 All Levels (7:00-8:00) | | Cycle Circuits (6:45-7:45) Liz P. | | 7:00 - 7:30 | | | | | 7:00 - 7:30 | | | | | | | | |
| 7:30 - 8:00 | | | Aikido 5 All Levels (7:30-8:30) | | | 7:30 - 8:00 | | | | | 7:30 - 8:00 | | | | | | | | | |
| 8:00 - 8:30 | | Fencing 4 Studio Fencing (8:00-9:00) | | | | 8:00 - 8:30 | | | | | 8:00 - 8:30 | | | | | | | | | |
| 8:30 - 9:00 | | | | | | 8:30 - 9:00 | | | | | 8:30 - 9:00 | | | | | | | | | |
| 9:00 - 9:30 | | Fencing 6 Practice/ Competition (9:00-9:45) | | | | 9:00 - 9:30 | | | | | 9:00 - 9:30 | | | | | | | | | |
| 9:30 - 10:00 | | | | | | 9:30 - 10:00 | | | | | 9:30 - 10:00 | | | | | | | | | |
| | Class offerings are subject to minimum enrollment | | | | | | Free Classes in Yellow | Punch Card Eligible | No Registration Necessary | | Session Dates : June 25th - August 19th | | | | | | | | | |

| | Sunday - Summer Schedule | | | | | | Non Studio Classes | | | | | |
|---------------|--|---|--|---|---|---------------|-------------------------------|---------|-----------|--|--------|----------|
| | Studio A | Studio B | Studio C | Studio D | Studio E | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 6:00 - 6:30 | | | | | | 6:00 - 6:30 | | | | | | |
| 6:30 - 7:00 | | | | | | 6:30 - 7:00 | | | | | | |
| 7:00 - 7:30 | | | | | | 7:00 - 7:30 | | | | | | |
| 7:30 - 8:00 | | | | | | 7:30 - 8:00 | | | | | | |
| 8:00 - 8:30 | | | | | | 8:00 - 8:30 | | | | | | |
| 8:30 - 9:00 | | | | | | 8:30 - 9:00 | | | | | | |
| 9:00 - 9:30 | | Intense Barre (9:00-9:50) Kelli | | | | 9:00 - 9:30 | | | | | | |
| 9:30 - 10:00 | | | | | | 9:30 - 10:00 | | | | | | |
| 10:00 - 10:30 | | | Jujutsu Open Mat Training (10:00-12:00) | Studio Cycling 16 (10:00-11:00) Nina | | 10:00 - 10:30 | | | | | | |
| 10:30 - 11:00 | | Intermediate Pilates 2 (10:30-11:30) Sara S. | | | | 10:30 - 11:00 | | | | | | |
| 11:00 - 11:30 | | | | | | 11:00 - 11:30 | | | | | | |
| 11:30 - 12:00 | | | | | StudioCycling Express (11:30-12:15) Nina | | 11:30 - 12:00 | | | | | |
| 12:00 - 12:30 | | | | | | 12:00 - 12:30 | | | | Outdoor Conditioning (12:00-1:00) Track | | |
| 12:30 - 1:00 | | | | Core & More (12:30-1:15) Nina | | 12:30 - 1:00 | | | | | | |
| 1:00 - 1:30 | | | Judo 6 Open Mat (1:00-3:00) | | | 1:00 - 1:30 | | | | | | |
| 1:30 - 2:00 | | Adult Cont. Tap (1:45-2:45) | | | | 1:30 - 2:00 | | | | | | |
| 2:00 - 2:30 | | | | | | 2:00 - 2:30 | | | | | | |
| 2:30 - 3:00 | | | | | | 2:30 - 3:00 | | | | | | |
| 3:00 - 3:30 | | Adult Tap (beg.) (3:00-4:00) | | | | 3:00 - 3:30 | | | | | | |
| 3:30 - 4:00 | | | | | | 3:30 - 4:00 | | | | | | |
| 4:00 - 4:30 | | | | | | 4:00 - 4:30 | | | | | | |
| 4:30 - 5:00 | | | | | | 4:30 - 5:00 | | | | | | |
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| 9:00 - 9:30 | | | | | | 9:00 - 9:30 | | | | | | |
| 9:30 - 10:00 | | | | | | 9:30 - 10:00 | | | | | | |
| | Session Dates : June 25th - August 19th | | | | | | Updated: July 17, 2018 | | | | | |