

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
6:00 AM	BODYPUMP Express** Fitness on Demand	Cycling Erika F.	BODYPUMP Express ** Cristen	Cycling Erika F.	BODYPUMP Express** Liz R.	 <p><b>THE WAVE</b> <b>Group Fitness Schedule</b> Winter 2026 Schedule Effective 1/2/2026 - 3/29/2026 <b>SCHEDULE SUBJECT TO CHANGE</b> <b>View updates on The Wave App</b></p>			
	Coach on Deck 16+ Carrie		Coach on Deck 16+ Carrie						
7:00 AM	BODYPUMP Express** Jennie			BODYPUMP Express** Jennie					
7:50 AM		BODYPUMP Fitness on Demand		BODYPUMP Fitness on Demand					
8:00 AM	Fit For Life** 18+ Lynn		Fit For Life** 18+ Wendy		Fit For Life** 18+ Lynn			Sprint 8 Xtreme* Pt 1 Scarlet	
		P.A.C.E. Jennie	P.A.C.E. Jennie	P.A.C.E. Jennie	Coach on Deck 16+ Scarlet				
	Water Aerobics Express** Michelle S.		Water Aerobics Express** Julie						
8:30 AM								Sprint 8 Xtreme* Pt 2 Scarlet	
9:00 AM	BODYATTACK Brit	Barre Cristen	BODYPUMP Aimee	Barre Coco	BODYPUMP Aimee				BODYPUMP Aimee
	Pilates Christine	Gentle Yoga Kelly	Flow & Restore Yoga Claudette	Gentle Yoga Corinne	Vinyasa Yoga Amanda			Vinyasa Yoga Corinne/Nathalie	
	Cycling Scarlet	Cycling Scarlet	Cycling Corinne	WARRIOR Revolution Krista	Cycling Scarlet		Cycling Erika F.		
	Advanced Water Aerobics Michelle S.	Water Aerobics Liz M.	Water Aerobics Scarlet	Water Aerobics Liz M.	Aqua Zumba Yadira	Water Aerobics/Aqua Zumba Liz M./Julie			
9:15 AM						Sculpt in 45** Scarlet			
10:15 AM	Zumba Leah	BODYPUMP Aimee	Zumba Joy	Oula Dance Coco	WARRIOR Combat Aimee	Zumba Leah/Yadira	Barre/CORE Fusion Aimee		
	Gentle Yoga Corinne	Yin Yoga 18+ Corinne	Gentle Yoga Claudette	Inferno Hot Pilates Michelle M. 🔥	Gentle Yoga Corinne	Gentle Yoga Corinne/Nathalie			
11:30 AM	Sculpt in 45** Mary	Oula Dance Hilary	Sculpt in 45** Joy						
		Qigong/Tai Chi Emily							
12:00 PM	Body Barre Nathalie		Yoga Drills Nathalie	Body Barre Nathalie	Heated Vinyasa Yoga Katie 🔥				
		Deep Water Aerobics Liz M.		Deep Water Aerobics Liz M.					
12:15 PM			WARRIOR Revolution** Sarah						
1:00 PM	SilverSneakers Stability 18+ Miriam		SilverSneakers Circuit 18+ Miriam		SilverSneakers Circuit 18+ Miriam				
2:00 PM		Senior Strength (OA) Scarlet		Senior Strength (OA) Scarlet					
4:15 PM		Gentle Yoga Corinne	Tween Yoga** Amanda	Yin Yoga 18+ Corinne			Restorative Yoga*** Shawna		
		CORE* Aimee	CORE* Brit	Tween Zumba ** Julie					
5:00 PM	Oula Dance Angie	Sprint 8 Xtreme Pt 1* Wendy	WARRIOR Combat Coco/Scarlet	Sprint 8 Xtreme Pt 1* Scarlet	Oula Dance Scarlet		Oula Dance Hilary/Emily		
5:15 PM		BODYPUMP Jennie		BODYPUMP Exp.** Jennie		<p><b>Aquatics</b> <b>Mind &amp; Body Studio</b> <b>Group Fitness Studio</b> <b>Cycling Studio</b> <b>Private Training Studio</b> <b>Functional Training Nook</b></p> <p><b>Those 14 &amp; up may take classes unless otherwise indicated.</b></p> <p><b>Children 10 - 13 must be accompanied by an adult unless otherwise indicated.</b></p> <p><b>Classes are 60 minutes unless indicated</b> *Class is 30 minutes **Class is 45 minutes *** Class is 75 minutes</p> <p>🔥 = New class/time 🔥 = Heated class</p> <p>16+ = Ages 16 &amp; up 18+ = Ages 18 &amp; up OA= Class for older adults Tween Classes: Ages 9 - 13</p>			
	Vinyasa Yoga Ingrid		Flow & Restore Yoga Kara						
5:30 PM	Cycling Express** Wendy	Sprint 8 Xtreme Pt 2* Wendy		Sprint 8 Xtreme Pt 2* Scarlet					
	Heated Vin Yin Yoga Amanda 🔥		Vinyasa Yoga Christiane						
6:30 PM	Heated Strong Vinyasa Nathalie 🔥		Heated Strong Vinyasa Nathalie 🔥						
6:45 PM		Vinyasa Yoga Sophie		Flow & Restore Yoga Sophie					