



GROUP FITNESS

FALL 2025 SCHEDULE

MON

6:30-7:15AM
CARDIO CORE

MON

12:15-12:45PM
STRENGTH & SWEAT

MON

4:00-4:45PM
ELEVATE SCULPT

TUE

5:45-6:30AM
POWER YOGA

TUE

7:00PM-7:45PM
FUEGO FITNESS

WED

6:30-7:15AM
TONE AND SCULPT

WED

12:15-12:45PM
SPIN EXPRESS

WED

4:00-4:45PM
PEDAL & PUSH

THU

5:45AM-6:30AM
SCULPT YOGA

THU

7:00-7:45PM
CARDIO DANCE

FRI

6:30-7:15AM
SWEAT & SCULPT

FRI

12:15-12:45PM
SPIN EXPRESS

SUN

7:00-7:45PM
SUNDAY FUNDAY
(ROTATING INSTRUCTOR)

***ALL CLASSES LOCATED IN
CUSHING 142***