

Group Exercise Schedule

Effective April 1, 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:00 AM		<u>GROUP POWER JANICE TAPPAN GYM 5:30 - 6:25 AM</u>	<u>CORE & MORE JANICE TAPPAN GYM 5:30 - 6:00 AM</u>	<u>GROUP POWER JANICE TAPPAN GYM 5:30 - 6:25 AM</u>				
6:00 AM						<u>CORE & MORE JANICE TAPPAN GYM 7:30AM - 8:00 AM</u>		
8:00 AM	<u>KEEPING FIT RENEE TAPPAN GYM 8 - 8:55 AM</u>	<u>HITT NICOLE TAPPAN GYM 8 - 8:55 AM</u>	<u>S.E.A.T LISA TAPPAN GYM 8 - 8:55 AM</u>	<u>HIIT JILLIAN TAPPAN GYM 8 - 8:55 AM</u>	<u>CHAIR YOGA CORTNEY TAPPAN GYM 8 - 8:55 AM</u>	<u>HIIT HARRISON CARPENTER GYM 8 - 8:55 AM</u>		
		YELLOW BOX = NEW CLASSES!!				<u>CYCLE HOLLY CYCLE STUDIO 8 - 8:55 AM</u>	<u>ZUMBA ALYSSA TAPPAN GYM 8 - 8:55 AM</u>	
						<u>GROUP ACTIVE MELANIE TAPPAN GYM 8 - 8:55 AM</u>		
9:00 AM	<u>HIIT LISA TAPPAN GYM 9-9:55AM</u>	<u>PILATES NICOLE TAPPAN 9 - 9:55 AM</u>	<u>STRETCH NICOLE MIND BODY STUDIO 9 - 9:55 AM</u>	<u>YOGA FLOW CORTNEY TAPPAN GYM 9 - 9:55 AM</u>	<u>GROUP POWER SHARON TAPPAN GYM 9 - 9:55 AM</u>	<u>GROUP FIGHT DIANE TAPPAN GYM 9 - 9:55 AM</u>	<u>GENTLE YOGA SUSAN MIND BODY STUDIO 9 - 9:55 AM</u>	
			<u>GROUP ACTIVE MELANIE TAPPAN GYM 9-9:55AM</u>	<u>PILATES SHARON MIND BODY STUDIO 9 - 9:55 AM</u>			<u>GROUP POWER KATIE TAPPAN GYM 9 - 9:55 AM</u>	
				<u>HIIT JILLIAN CARPENTER GYM 9 - 9:55 AM</u>				
10:00 AM		<u>CHAIR YOGA RENEE TAPPAN GYM 10 - 10:55 AM</u>	<u>INTRO TO CYCLE & STRENGTH HOLLY CYCLE STUDIO 10 - 10:55 AM</u>		<u>GROUP ACTIVE MELANIE TAPPAN GYM 10 - 10:55 AM</u>	<u>YOGA FLOW JENN TAPPAN GYM 10 - 10:55 AM</u>	<u>GROUP CENTERGY MELANIE TAPPAN GYM 10 - 10:55 AM</u>	
	<u>PD IN MOTION BOXING 10:30 - 11:30AM</u>				<u>PD IN MOTION BOXING 10:30 - 11:30AM</u>			
11:00 AM	<u>PD IN MOTION BOXING 11:30-12:30PM</u>	<u>PD IN MOTION CYCLING 11:00-12:00 PM</u>	<u>PD IN MOTION STRENGTH&MOBILITY 11:00-12:00 PM</u>	<u>PD IN MOTION CHAIR YOGA 11:00 -12:00 PM</u>	<u>PD IN MOTION BOXING 11:30-12:30 PM</u>	<u>PD IN MOTION BOXING 10:30-11:30</u>		
		<u>TAI CHI ED TAPPAN GYM 11 - 11:45 AM</u>			<u>RESTORE & RELEASE CAM MIND BODY STUDIO 11:30 - 12:00 PM</u>	<p>WATER FITNESS CLASSES</p> <p>MONDAY: 8:30-9:25 AM AQUA FITNESS (KATE) 9:30-10:25 AM WATER HITT (KATE)</p> <p>TUESDAY: 8:30 -9:25 AM WATER IN MOTION (CYNDEE)</p> <p>WEDNESDAY: 8:30-9:25 AM AQUA FITNESS (CORTNEY) 9:30-10:25 AM WATER HITT (CORTNEY)</p> <p>THURSDAY: 8:30- 9:25 AM WATER IN MOTION (CYNDEE)</p> <p>FRIDAY: 9:30 -10:25 AM WATER HIIT</p> <p>.....</p> <p>CHILD WATCH HOURS</p> <p>MONDAY, WEDNESDAY, THURSDAY 8:30 - 11:30 AM 4:30 - 8:00 PM</p> <p>FRIDAY 8:30 - 11:30 AM 4:30 - 7:00 PM</p> <p>SATURDAY 8:30 - 11:30 AM</p> <p>SUNDAY 8:30 - 10:30 AM</p>		
12:00 PM	<u>HIIT HOLLY CARPENTER GYM 12:15 - 1:00 PM</u>	<u>PEOPLE LIKE TO SING ED TAPPAN GYM 12:00 - 12:30</u>	<u>CORE & MORE LISA TAPPAN GYM 12:15PM - 12:45PM</u>		<u>YOGA KAREN 12:00-12:55 PM</u>			
4:00 PM		<u>TAI CHI ED MIND BODY STUDIO 4:30 - 5:15 PM</u>						
5:00 PM	<u>STEP DEB TAPPAN GYM 5:15-5:55PM</u>	<u>GROUP FIGHT DIANE TAPPAN GYM 5-5:55PM</u>	<u>GROUP POWER EXPRESS JENN TAPPAN GYM 5:15 - 5:55 PM</u>	<u>GROUP FIGHT DIANE TAPPAN GYM 5 - 5:55PM</u>				
	<u>CYCLE EXPRESS LISA CYCLE STUDIO 5:15 - 5:45 PM</u>	<u>CYCLE & STRENGTH HOLLY CYCLE STUDIO 5:30 - 6:25 PM</u>		<u>CYCLE EXPRESS MEG CYCLE STUDIO 5:15 - 5:45 PM</u>				
6:00 PM	<u>GROUP POWER LISA V TAPPAN GYM 6 - 6:55 PM</u>	<u>CORE & MORE & GROUP POWER KATIE TAPPAN GYM 6 -</u>	<u>GROUP CENTERGY SHARON TAPPAN GYM 6 - 6:55 PM</u>	<u>GROUP POWER LISA V TAPPAN GYM 6 - 6:55 PM</u>	<u>ZUMBA ALYSSA TAPPAN GYM 6 - 6:55 PM</u>			
	<u>POWER YOGA KATELYN MIND BODY STUDIO 6 - 6:55 PM</u>	<u>STRENGTH/STRETCH YOGA LINDSEY MIND BODY STUDIO 6 - 6:55 PM</u>	<u>KICKBOXING LIAM KICKBOXING STUDIO 6 - 6:55 PM</u>	<u>GENTLE YOGA SUSAN MIND BODY STUDIO 6-6:55PM (Starting Apr 16)</u>				
	<u>HIIT LYNNE CARPENTER GYM 6 - 6:55 PM</u>		<u>HIIT MEG MEZZANINE 6-6:55PM</u>					
	<u>PD IN MOTION PING PONG 6:00-6:45 PM</u>		<u>PD IN MOTION YOGA LESLEY 6:00-6:45 PM</u>					

CLASS DESCRIPTIONS

<p>AQUA FITNESS: This low to moderate intensity water exercise is designed to stretch and strengthen your entire body through aerobic conditioning.</p>	<p>HIIT: High Intensity Interval Training alternates short periods of challenging cardio and strength exercises with less intense recovery periods. Expect to use resistance training as well as your own body weight to work all major muscle groups and spike your heart rate.</p>
<p>BARRE: Barre is a unique blend of yoga, Pilates, and strength training all centered around traditional ballet barre drills. Gain grace, strength, and posture while improving muscle tone and endurance.</p>	<p>KICKBOXING: Improve endurance and agility in this sweat generating kickboxing workout. With punches, kicks, and other cardio elements, this class will leave you feeling energized and empowered.</p>
<p>BOOTCAMP (OLD SCHOOL): high-intensity workout inspired by traditional military-style training. Geared toward ages 20–40, this class blends strength, cardio, and core using classic exercises that push your limits and build real-world fitness.</p>	<p>PILATES: Concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being.</p>
<p>CARDIO FUSION: Dynamic high energy workout that combines cardio exercise with strength training. this class is designed to improve endurance, burn calories/tone muscles.</p>	<p>POWER YOGA: Employs a series of poses to focus on developing strength and muscular endurance</p>
<p>CHAIR YOGA: This safe, gentle yoga class aims to increase range of motion from the comfort of a chair. A great option for older adults or anyone who has challenges with mobility.</p>	<p>RESTORE & RELEASE: A gentle, 30-minute class designed to ease tension, improve mobility, help you move more comfortably from the ground up. Focus on self-care techniques using small balls, and foam rollers to release muscle tight muscles. All levels welcome.</p>
<p>CORE & MORE: This 30 minute class will improve your athletic performance, strengthen your core from your hips to shoulders, and give you ripped abs!</p>	<p>S.E.A.T: (Supported Exercise For Ageless Training) An evidence-based, chair-assisted, functional fitness workout incorporating unique, preformatted choreography for a fun, socially engaging, total body low-impact workout.</p>
<p>CYCLE: This high-energy cardio workout incorporates a mix of intervals, speed drills, jumps, and hills on our stationary bikes. Benefit from a major calorie burn as upbeat music and our instructors take you on an all-terrain ride.</p>	<p>GROUP BLAST: Get your heart pumping and improve your strength one step at a time! This cardio workout utilizes a raised step, music, and creative choreography to motivate and energize you throughout this high-energy workout.</p>
<p>CYCLE/STRENGTH: Combined full body strength and cardio workout featuring 30 minutes of cycle followed by 30 minutes of strength and resistance training using light to moderate weights and bands.</p>	<p>STRENGTH AND STRETCH YOGA: Come challenge yourself to increase strength and deeply stretch using long holds and movement.</p>
<p>GROUP ACTIVE: This class gives you all the fitness training you need - cardio, strength, balance, and flexibility - in just one hour.</p>	<p>WATER IN MOTION: shallow-water, low-impact aqua exercise experience that offers active aging adults and deconditioned participants a fun workout improving cardiovascular endurance, agility, posture, dexterity, memory, balance, strength, and</p>
<p>GROUP CENTERGY: Redefine yourself with this class that incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core.</p>	<p>TAI CHI: Tai Chi is an ancient form of Chinese exercise consisting of slow, relaxed movements that develop a sense of balance and harmony between mind and body.</p>
<p>GROUP FIGHT: Builds cardio fitness, total-body strength, and coordination by combining the hottest, adrenaline fueled MMA movements from the boxing ring to the fighting cage with cutting-edge exercises from outside the octagon.</p>	<p>YOGA FLOW: Flow through various poses while maintaining an emphasis on breath and mindfulness. Gain strength, balance, and flexibility while visiting various poses that include standing, bending, twisting, and lunging.</p>
<p>GROUP POWER: Maximize your workout results with impactful strength training. You'll get stronger while improving movement when you combine traditional strength training with functional exercises using an adjustable barbell, weights, and body weight.</p>	<p>ZUMBA: High-energy dance class features intervals that help improve cardiovascular fitness while also enhancing balance, coordination.</p>