Group Exercise Schedule

Effective September 7, 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	Cycle | Jef Cycle Studio 5:15–6:00 am	Group Power | Janice Tappan Gym 5:30–6:25 am	Core & More | Janice Tappan Gym 5:30–6:00 am	Group Power | Janice Tappan Gym 5:30–6:25 am			
6:00 AM							
8:00 AM	Keeping Fit | Nate Tappan Gym 8:00–8:55 am	HIIT | Nicole Tappan Gym 8:00–8:55 am	S.E.A.T | Lisa Tappan Gym 8:00–8:55 am	HIIT | Jillian Tappan Gym 8:00–8:55 am	Chair Yoga | Cortney Tappan Gym 8:00–8:55 am	HIIT | Abbey Carpenter Gym 8:00–8:55 am	
						Cycle | Holly Cycle Studio 8:00–8:55 am	Zumba | Alyssa Tappan Gym 8:00–8:55 am
						Group Active | Melanie Tappan Gym 8:00–8:55 am	
9:00 AM	HIIT | Lisa Tappan Gym 9:00–9:55 am	Pilates | Nicole Tappan Gym 9:00–9:55 am	Stretch | Nicole Mind Body Studio 9:00–9:55 am	Yoga Flow | Cortney Tappan Gym 9:00–9:55 am	Group Power | Sharon Tappan Gym 9:00–9:55 am	Group Fight | Diane Tappan Gym 9:00–9:55 am	Gentle Yoga | Susan Mind Body Studio 9:00–9:55 am
			Group Active | Melanie Tappan Gym 9:00–9:55 am	Pilates | Sharon Mind Body Studio 9:00–9:55 am			Group Power | Katie Tappan Gym 9:00–9:55 am
				HIIT | Jillian Carpenter Gym 9:00–9:55 am			
10:00 AM		Chair Yoga | Susan Tappan Gym 10:00–10:55 am	Intro to Cycle & Strength | Holly Cycle Studio 10:00–11:00 am		Group Active | Melanie Tappan Gym 10:00–10:55 am	Yoga Flow | Jenn Tappan Gym 10:00–10:55 am	Group Centergy | Melanie Tappan Gym 10:00–10:55 am
	PD in Motion Boxing 10:30–11:30 am				PD in Motion Boxing 10:30–11:30 am	PD in Motion Boxing 10:30–11:30 am	
11:00 AM	PD in Motion Boxing 11:30–12:30 pm	PD in Motion Cycling 11:00–12:00 pm	PD in Motion Strength & Mobility 11:00–12:00 pm	PD in Motion Chair Yoga 11:00–12:00 pm	PD in Motion Boxing 11:30–12:30 pm		
		Tai Chi | Ed Tappan Gym 11:00–11:45 am					
		Community Sing | Ed Tappan Gym 11:45–12:15 pm					
12:00 PM	HIIT | Holly Carpenter Gym 12:15–1:00 pm		Group Power Express | Lisa V Tappan Gym 12:15–12:45 pm	Yoga | Karen Mind Body Studio 12:00–12:55 pm			
4:00 PM		Tai Chi | Ed Mind Body Studio 4:30–5:15 pm					
5:00 PM	Step | Deb Tappan Gym 5:15–5:55 pm	Group Fight | Diane Tappan Gym 5:00–5:55 pm	Group Power Express | Jenn Tappan Gym 5:15–5:55 pm	Group Fight | Diane Tappan Gym 5:00–5:55 pm			
	Cycle Express | Lisa V Cycle Studio 5:15–5:45 pm	Cycle & Strength | Holly Cycle Studio 5:30–6:25 pm	Pilates | Sharon Mind Body Studio 5:15–6:00 pm	Cycle Express | Meg Cycle Studio 5:15–5:45 pm			
6:00 PM	Group Power | Lisa V Tappan Gym 6:00–6:55 pm	Core & More | Katie Tappan Gym 6:00–6:30 pm	Group Centergy | Sharon Tappan Gym 6:00–6:55 pm	Group Power | Lisa V Tappan Gym 6:00–6:55 pm	Zumba | Alyssa Tappan Gym 6:00–6:55 pm		
	Power Yoga | Katelyn Mind Body Studio 6:00–6:50 pm	Group Power | Katie Tappan Gym 6:30–7:15 pm	Kickboxing | Liam Kickboxing Studio 6:00–6:55 pm	Gentle Yoga | Susan Mind Body Studio 6:00–6:55 pm			
	HIIT | Lynne Carpenter Gym 6:00–6:55 pm	Strength/Stretch Yoga | Lindsey Mind Body Studio 6–6:55 pm	HIIT | Meg Mezzanine 6–6:55pm				
			PD in Motion Yoga 6:00–6:45 pm				

WATER FITNESS CLASSES

MONDAY:
8:30–9:25 AM AQUA FITNESS (KATE)
9:30–10:25 AM WATER HITT (KATE)
TUESDAY:
8:30 –9:25 AM WATER IN MOTION (CYNDEE)
WEDNESDAY:
8:30–9:25 AM AQUA FITNESS (CORTNEY)
9:30–10:25 AM WATER HITT (CORTNEY)
THURSDAY:
8:30– 9:25 AM WATER IN MOTION (CYNDEE)
FRIDAY:
9:30 –10:25 AM WATER HIIT (CORTNEY)

CHILD WATCH HOURS

MONDAY, TUESDAY, WEDNESDAY, THURSDAY
8:30 – 11:30 AM 4:30 – 8:00 PM
FRIDAY
8:30 – 11:30 AM 4:30 – 7:00 PM
SATURDAY
8:30 – 11:30 AM
SUNDAY
8:30 – 10:30 AM

CLASS DESCRIPTIONS

AQUA FITNESS: This low to moderate intensity water exercise is designed to stretch and strengthen your entire body through aerobic conditioning.

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.

COMMUNITY SING: Song books provided with 100 songs from the 50's to 70's. Sing along with live guitar accompaniment.

CORE & MORE: This 30 minute class will improve your athletic performance, strengthen your core from your hips to shoulders, and give you ripped abs!

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.

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.

GROUP ACTIVE: This class gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just one hour.

GROUP CENTERGY: Redefine yourself with this class that incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core.

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.

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.

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.

KEEPING FIT: A senior fitness class designed to improve strength, balance, and mobility. Build confidence, enhance everyday movement, and support overall health.

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.

PILATES: Concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being.

POWER YOGA: Employs a series of poses to focus on developing strength and muscular endurance

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.

STEP: This energizing class combines easy-to-follow choreography with upbeat music for a fun, full-body cardio workout. Improve your endurance, coordination, and strength.

STRENGTH AND STRETCH YOGA: Come challenge yourself to increase strength and deeply stretch using long holds and movement.

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 flexibility

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.

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.

ZUMBA: High-energy dance class features intervals that help improve cardiovascular fitness while also enhancing balance and coordination.