

Group Fitness Class Schedule

March 2026

Collins Aerospace Rec Center

Business Hours

Monday-Thursday 4:00 AM-10:00 PM
 Friday 4:00 AM-9:00 PM
 Saturday-Sunday 6:00 AM-8:00 PM

Rec Room Babysitting Hours

Reservations are required. Limit 12

Monday-Friday 9:00 AM-1:00 PM
 Monday-Friday 4:00 PM-7:00 PM
 Saturday 8:00 AM-12:00 PM

Format Legend

Cardio/ Cycling	Dance
Mind and Body	Senior Classes
Strength	KBX/TRX
Specialty	Mobility

MoveStrong CLASS CHANGES

Tuesday 3:30PM
 Now **Monday 3:30PM**

Wednesday 11:30AM new format
MoveSTRONGER (advanced)

Thursday 7:00AM now
MoveSTRONGER (advanced)

High Court

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kickboxing 5:30-6:15 AM Dan/Aaron	Muscle Works 5:30-6:30 AM Janet	Kickboxing 5:30-6:15 AM Aaron/Yvette	LES MILLS BODYPUMP 5:30-6:15 AM Tracey	Kickboxing 5:30-6:15 AM Sandy/Aaron	
	Beginner Step 7:15-7:45 AM Katie/Julie		Butts and Guts 6:15-6:30 AM Sandy		
			Beginner Step 7:15-7:45 AM Chris N.		
SilverSneakers® Classic 8:10-8:55 AM Shiho	SilverSneakers® Circuit 8:10-8:55 AM Heidi	SilverSneakers® Classic 8:10-8:55 AM Chris N.	SilverSneakers® Circuit 8:10-8:55 AM Candy	SilverSneakers® Classic 8:10-8:55 AM Candy	Muscle Works 7:50-8:50 AM Tracey
Muscle Works 9:20-10:20 AM Deb	SilverSneakers® Yoga 9:10-9:55 AM Heidi	Muscle Works 9:20-10:20 AM Janet	SilverSneakers® Yoga 9:10-9:55 AM Angela	Muscle Works 9:20-10:20 AM Chris G.	Step 9:00-9:45 AM Julie
Active 4 Life: Cardio 10:30-11:15 AM Candy	Line Dancing 10:15-11:00 AM Jamie	Active 4 Life: Strength 10:30-11:15 AM Candy	Line Dancing 10:15-11:00 AM Jamie	Active 4 Life: Cardio/Strength 10:30-11:15 AM Candy	
Kickboxing 11:30-12:15 PM Hannah	LES MILLS BODYPUMP 11:30-12:15 PM Kristy/Margaret	Kickboxing 11:30-12:15 PM Jenn	LES MILLS BODYPUMP 11:30-12:15 PM Katie/Julie	Kickboxing 11:30-12:15 PM Team	
SilverSneakers® Classic 1:35-2:20 PM Candy		SilverSneakers® Classic 1:35-2:20 PM Jenn		SilverSneakers® Classic 1:35-2:20 PM Chris N.	LES MILLS BODYPUMP 9:00-9:55 AM Tracey
Kickboxing 4:30-5:15 PM Team	Metabolic Strength Training 4:30-5:15 PM Yvette/Julie	Kickboxing 4:30-5:15 PM Kerry	LES MILLS BODYPUMP 4:30-5:25 PM Julie/Marcia		
LevelUp 5:30-6:15 PM Karla	LES MILLS BODYPUMP 5:30-6:25 PM Marcia	Metabolic Strength Training 5:30-6:30 PM Dixie			
	Shotokan Karate 6:30-7:30 PM Mark		Shotokan Karate 6:30-7:30 PM Mark		

Fitness Classroom

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Build & Burn + Core 7:30-8:30 AM Janet		Core 6:15-6:30 AM Bob/Ali	MoveSTRONGER 7:00-7:45AM Yvette		
Zumba Gold® 9:05-9:50 AM Shiho	Yoga 9:20-10:20 AM Brenda	Zumba Gold® 9:05-9:50 AM Jamie	Yoga 9:20-10:20 AM Sandy	Zumba Gold® 9:05-9:50 AM Jamie	Yoga 9:20-10:20 AM Team
Body Barre 10:30-11:15 AM Jacki		Mat Mobility + CORE 10:30-11:15PM Brenda		Yoga 10:00-11:00 AM Brenda	
MoveStrong 3:30-4:15PM Yvette		MoveSTRONGER 11:30-12:15AM Yvette			SUNDAY
Mat Mobility + CORE 4:45-5:30PM Brenda		Yoga 5:30-6:30PM Angela			
Yoga 6:00-7:00 PM Leslie		Tai Chi 6:30-7:30 PM Bill		Tai Chi 6:30-7:30 PM Bill	

TRX® Suspension Training® and Specialty Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning Madness 5:25-6:10 AM Brad	TRX® 5:30-6:15 AM Yvette		TRX® 5:30-6:15 AM Yvette		
TRX® 10:30-11:15 AM Bob	Athletic Edge 5:15-6:30 PM Brenda				

Cycling Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Cycle Strength 5:25-6:10 AM Bob/Ali		Cycling (sign up required) 5:25-6:10 AM Brad	LES MILLS RPM 8:00-8:45 AM Kristy/Ali
	LES MILLS RPM 10:30-11:15 AM Kristy	LES MILLS sprint 12:20-12:50 PM Kristy	PowerCycle 10:30-11:15AM Hannah	LES MILLS RPM Express 12:20-12:50 PM Team	
LES MILLS RPM 5:30-6:15 PM Ali	Cycle Strength 5:30-6:15 PM Bob	LES MILLS sprint 5:30-6:00 PM Dan			SUNDAY LES MILLS sprint 8:15-8:45 AM Kristy