

# Group Fitness Class Schedule

# Collins Aerospace Rec Center

## April 2026

### 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

### JumpFit is here!

We are launching our new rebounding classes in April. All will be held in the fitness classroom for 30 minutes as an introduction to this different style of workout. Check the schedule for specific days and times.

## 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.	SUNDAY 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
<b>Build &amp; Burn+Core</b> 7:30-8:30 AM Janet	<b>JumpFit</b> 8:00-8:30 AM April 7	<b>CORE 6:15-6:30</b> Bob/Ali <b>JumpFit 8:00</b> April 29	<b>MoveSTRONGER</b> 7:00-7:45AM Yvette	<b>JumpFit</b> 8:00-8:30 AM April 17	<b>JumpFit</b> 7:15-7:45 AM April 11, 25
<b>Zumba Gold®</b> 9:05-9:50 AM Shiho	<b>Yoga</b> 9:20-10:20 AM Brenda	<b>Zumba Gold®</b> 9:05-9:50 AM Jamie	<b>Yoga</b> 9:20-10:20 AM Sandy	<b>Zumba Gold®</b> 9:05-9:50 AM Jamie	<b>Yoga</b> 9:20-10:20 AM Team
<b>Body Barre</b> 10:30-11:15 AM Jacki		<b>Mat Mobility+Core</b> 10:30-11:15PM Brenda		<b>Yoga</b> 10:00-11:00 AM Brenda	
<b>JumpFit</b> 11:30-12:00 PM April 6		<b>JumpFit</b> 12:30-1:00 PM April 15			
<b>JumpFit</b> 12:30-1:00 PM April 27		<b>MoveSTRONGER</b> 11:30-12:15AM Yvette	<b>JumpFit</b> 12:30-1:00 PM April 23		
<b>MoveStrong</b> 3:30-4:15PM Yvette		<b>JumpFit</b> 4:30-5:00 PM April 8, 22			<b>SUNDAY</b>
<b>Mat Mobility+Core</b> 4:45-5:30PM Brenda	<b>JumpFit</b> 4:30-5:00 PM April 14	<b>Yoga</b> 5:30-6:30PM Angela	<b>JumpFit</b> 5:30-6:00 PM April 30		
<b>Yoga</b> 6:00-7:00 PM Leslie		<b>Tai Chi</b> 6:30-7:30 PM Bill		<b>Tai Chi</b> 6:30-7:30 PM Bill	

## TRX® Suspension Training® and Specialty Classes

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

## CYCLING STUDIO

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