

Group Fitness Class Schedule Summer 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 | |
| <i>Reservations are required. Limit 12</i> | |
| Monday-Friday | 9:00 AM-1:00 PM |
| Monday-Thursday | 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 |

| Classes paused June—August |
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| Monday: 10:30AM TRX, 4:45PM Mat Mobility/Core, 5:30PM RPM |
| Wednesday: 11:30AM MoveSTRONGER |
| Thursday : 5:30AM Body Pump |
| Saturday: 9:00AM Step |
| Summer-only classes will be announced. |

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 | Mix & Max 5:30-6:15AM Tamara | Kickboxing 5:30-6:15 AM Sandy/Aaron | |
| | | | Butts and Guts 6:15-6:30 AM Sandy | | |
| | Beginner Step 7:15-7:45AM Katie/Julie | | 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. | |
| 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 Amy/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 5:30-6:25PM 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 Bob/Ali | MoveSTRONGER 7:00-7:45AM Yvette | | |
| Zumba Gold® 9:05-9:50 AM Shiho | JumpFit Basic 8:00-8:30 AM Brenda | Zumba® 9:05-9:50 AM Julio | JumpFit Basic 8:00-8:30 AM Hannah | Zumba Gold® 9:05-9:50 AM Karen | |
| Body Barre 10:30-11:15 AM Jacki | Yoga 9:20-10:20 AM Brenda | | Yoga 9:20-10:20 AM Sandy | Yoga 10:00-11:00 AM Brenda | Yoga 9:20-10:20 AM Team |
| | JumpFit MAX 12:20-1:05 PM Kristy | Mat Mobility+Core 10:30-11:15PM Sandy | | | |
| MoveStrong 3:30-4:15PM Yvette | | JumpFit MAX 4:30-5:15 PM Hannah | | | SUNDAY |
| | Zumba® 5:30-6:15PM Julio | Yoga 5:30-6:30PM Angela | JumpFit MAX 5:30-6:15 PM Kristy | | |
| 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 | | |
| | 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 7:30-8:15 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 Kristy/Rob | |
| | 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 |