

Group Fitness Class Schedule

September 2026

Collins Aerospace Rec Center

Updated 9/2026

Business Hours		Format Legend		September Class News
Monday-Thursday	4:00 AM-10:00 PM	Cardio/Cycling	Dance	Returning Classes 4:30 PM Monday Mat Mobility/Core 5:30 PM Monday RPM 9:00 AM Saturday Step
Friday	4:00 AM-9:00 PM	Mind/Body	Senior Classes	
Saturday-Sunday	6:00 AM-8:00 PM	Strength	KBX/TRX	
Rec Room Babysitting Hours		Specialty	Mobility	Class Format/Time Changes 5:30 AM Thursday Mix & Max is now Muscleworks 7:30 AM Saturday RPM is 8:00 AM
<i>Reservations are required. Limit 12</i>				
Monday-Friday	9:00 AM-1:00 PM			
Monday-Thursday	4:00 PM-7:00 PM			
Friday	4:00 PM-6:30 PM			
Saturday	8:00 AM- noon			

High Court					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kickboxing	Muscle Works	Kickboxing	Muscle Works	Kickboxing	
5:30 – 6:15 AM	5:30 – 6:30 AM	5:30 – 6:15 AM	5:30 – 6:15 AM	5:30 – 6:15 AM	
Dan/Aaron	Janet	Yvette/Aaron	Tamara	Tracey/Sandy	
			Butts and Guts		
			6:15 – 6:30 AM		
			Tamara		
	Beginner Step		Beginner Step		
	7:15 – 7:45 AM		7:15 – 7:45 AM		
	Katie/Julie		Chris N.		
Silver Sneakers® Classic	Silver Sneakers® Circuit	Silver Sneakers® Classic	Silver Sneakers® Circuit	Silver Sneakers® Classic	Muscle Works
8:15 – 8:55 AM	8:15 – 8:55 AM	8:15 – 8:55 AM	8:15 – 8:55 AM	8:15 – 8:55 AM	7:50 – 8:50 AM
Shiho	Heidi	Chris N.	Candy	Candy	Tracey
Muscle Works	Silver Sneakers® Yoga	Muscle Works	Silver Sneakers® Yoga	Muscle Works	Step
9:20 – 10:20 AM	9:10 – 9:55 AM	9:20 – 10:20 AM	9:10 – 9:55 AM	9:20 – 10:20 AM	9:00 – 9:45 AM
Deb/Jenn	Heidi	Janet	Angela	Chris G.	Julie
Active4Life Cardio		Active4Life Strength		Active4Life C/S	
10:30 – 11:15 AM		10:30 – 11:15 AM		10:30 – 11:15 AM	
Candy		Candy		Candy	
Kickboxing	LES MILLS BODYPUMP	Kickboxing	LES MILLS BODYPUMP	Kickboxing	
11:30 – 12:15 PM	11:30 – 12:15 PM	11:30 – 12:15 PM	11:30 – 12:15 PM	11:30 – 12:15 PM	
Hannah	Margaret/Amy	Jenn	Katie/Julie	Team	SUNDAY
Silver Sneakers® Classic		Silver Sneakers® Classic		Silver Sneakers® Classic	LES MILLS BODYPUMP
1:35 – 2:20 PM		1:35 – 2:20 PM		1:35 – 2:20 PM	9:00 – 9:55 AM
Candy		Jenn		Chris N.	Tracey
Kickboxing	Metabolic Strength	Kickboxing	LES MILLS BODYPUMP		
4:30 – 5:15 PM	4:30 – 5:15 PM	4:30 – 5:15 PM	4:30 – 5:15 PM		
Yvette	Yvette/Julie	Kerry	Julie/Marcia		
Level Up	Shotokan Karate	Metabolic Strength	Shotokan Karate		
5:30 – 6:15 PM	6:30 – 7:30 PM	5:30 – 6:30 PM	6:30 – 7:30 PM		
Karla	Mark	Dixie	Mark		

Fitness Classroom

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Build & Burn+Core		Core	MoveSTRONGER		
7:30 – 8:30 AM		6:15 – 6:30 AM	6:30 – 7:15 AM		
Janet		Bob/Ali	Yvette		
Zumba Gold®	JumpFit Basic	Zumba®	JumpFit Basic	Zumba Gold®	
Shiho	8:00 – 8:30 AM	Julio	8:00 – 8:30 AM	Karen	
9:05 – 9:50 AM	Brenda	9:05 – 9:50 AM	Hannah	9:05 – 9:50 AM	
Body Barre	Yoga		Yoga		Yoga
10:30 – 11:15 AM	9:20 – 10:20 AM		9:20 – 10:20 AM		9:20 – 10:20 AM
Jacki	Brenda		Sandy		Team
		Mat Mobility/Core		10:00 – 11:00 AM	
		10:30 – 11:15 AM		Brenda	
		Sandy			
	JumpFit MAX				
	12:20 – 1:05 PM				
	Kristy				
MoveStrong		JumpFit MAX			
3:30 – 4:15 PM		4:30 – 5:15 PM			
Yvette		Hannah			
Mat Mobility/Core		Yoga	JumpFit MAX		
4:30 – 5:15 PM		5:30 – 6:30 PM	5:15 – 6:00 PM		
Jacki		Angela	Kristy		
Yoga		Tai Chi		Tai Chi	
6:00 – 7:00 PM		6:30 – 7:30 PM		6:30 – 7:30 PM	
Leslie		Bill		Bill	

TRX® Suspension Training and Specialty Classes

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

Cycling Studio

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