

# SPRING 2025 GROUP FITNESS SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
Tonilates 7:00 - 7:50 AM Josie	LUCycle 7:00 - 7:50 AM Jack J	Tonilates 7:00 - 7:50 AM Josie	Power Flow Yoga 7:00 - 7:50 AM Jack F	Yoga 9:00 - 9:50 AM Anna	LUCycle 11:00 - 11:50 AM Taylor	Vinyasa Flow Yoga 11:00 - 11:50 AM Mehr
LUCycle 7:00 - 7:50 AM Natalie	Tonilates 7:00 - 7:50 AM Katie	LUCycle 7:00 - 7:50 AM Natalie	Lift50 10:00 - 10:50 AM Emma W	LUCycle 12:00 - 12:50 PM Erin		LUCycle 7:00 - 7:50 PM Connor
Advanced Choreo LUCycle 8:00 - 8:50 AM Renata	LUCycle Intervals & Arms 8:00 - 8:50 AM Rachel	LUCycle Intervals & Arms 8:00 - 8:50 AM Sophia	Vinyasa Flow Yoga 4:00 - 4:50 PM Nora	Tonilates 5:00 - 5:50 PM Katie		Vinyasa Flow Yoga 7:00 - 7:50 PM Serena
Advanced Choreo LUCycle 9:00 - 9:50 AM Renata	Pilates 10:00 - 10:50 AM Emma W	Advanced Choreo LUCycle 9:00 - 9:50 AM Renata	LUCycle 4:00 - 4:50 PM Connor			Pilates 8:00 - 8:50 PM Gillian
LUCycle 12:00 - 12:50 PM Lexi	Lift50 3:00 - 3:50 PM Alaina	Lift50 3:00 - 3:50 PM Alaina	Yoga 5:00 - 5:50 PM Anna			
Meditation 5:00 - 5:30 PM Kaden	Yoga 3:00 - 3:50 PM Nora	Lift50 4:00 - 4:50 PM Mya	Zumba 6:00 - 6:50 PM Paige			
Choreo LUCycle 5:00 - 5:50 PM Emily	Latin LUCycle 4:00 - 4:50 PM Lexi	Choreo LUCycle 5:00 - 5:50 PM Sophie	Lift30 6:30 - 7:00 PM Janae			
Lift50 5:00 - 5:50 PM Alaina	Vinyasa Flow Yoga 4:00 - 4:50 PM Serena	Pilates 6:00 - 6:50 PM Gillian	LUCycle 7:00 - 7:50 PM Taylor			
LUCycle 6:00 - 6:50 PM Jack J	LUCycle 5:00 - 5:50 PM Mereya	Lift30 6:00 - 6:30 PM Janae	Lift50 7:10 - 8:00 PM Mya			
Choreo LUCycle 7:00 - 7:50 PM Sophie	Barre 5:00 - 5:50 PM Gillian	Vinyasa Flow Yoga 7:00 - 7:50 PM Elena	Total Body Circuits 7:00 - 7:50 PM Molly			
Sculpt Flow 7:00 - 7:50 PM Kylie	Lift50 6:00 - 6:50 PM Mya	LUCycle Intervals & Arms 7:00 - 7:50 PM Rachel	LUCycle 8:00 - 8:50 PM Taylor			
Lift50 7:00 - 7:50 PM Emma W	LUCycle 6:00 - 6:50 PM Meghan	WERQ 8:00 - 8:50 PM Izzie	Total Body Circuits 8:10 - 9:00 PM Josie			
Advanced Vinyasa Flow Yoga 8:00 - 8:50 PM Serena	Zumba 6:00 - 6:50 PM Paige	LUCycle 8:00 - 8:50 PM Meghan	WERQ 8:00 - 8:50 PM Izzie			
LUCycle 8:00 - 8:50 PM Bella	LUCycle 7:00 - 7:50 PM Presley	Bedtime Yoga 9:00 - 9:50 PM Nora				
Barre 9:00 - 9:50 PM Gillian	Lift50 7:00 - 7:50 PM Emma F	LUCycle 9:00 - 9:50 PM Connor				
LUCycle 9:00 - 9:50 PM Presley	Tonilates 7:00 - 7:50 PM Jenn					
	LUCycle 8:00 - 8:50 PM Sophia					
	Total Body Circuits 8:00 - 8:50 PM Molly					
	Lift50 8:00 - 8:50 PM Emma F					

**STARTS JAN 13!**

CLASSES INCLUDED IN MEMBERSHIPS!  
NO PRE-REGISTRATION REQUIRED!  
CLASSES SUBJECT TO CAPACITY LIMITS

KEY	HRC 2
	CYCLE STUDIO
	HRC 1/LIFT50 (Weight Room)



Scan for Class  
Descriptions

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