

# Group Exercise Classes | April 2026

## MONDAY

5:30 a.m. Rise & Grind - AR

6:45 a.m. Body Burn - AR

7:45 a.m. Lift 45 - MP

8:00 a.m.  
Morning Mashup - TL

8:00 a.m. Rise & Tone - AR

8:30 a.m. Super Sizzle - AR

8:30 a.m.  
Interval Training - MP

9:00 a.m. Flex & Stretch - AR

9:45 a.m.  
Line Dance (Hybrid) - AR

10:00 a.m.  
Better Balance - MP

11:00 a.m.  
SilverSneakers: Classic - AR

11:00 a.m. SSS- MP

12:15 p.m.  
Lunch Stretch- AR

12:15pm  
\$ Heart Strong - MP

5:00 p.m.  
Fiery Cycling - CR

5:30 p.m.  
Tone it Up - AR

7:15 p.m. April 13 & 27  
Cardio Dance - AR

## TUESDAY

6:00 a.m.  
Body Burn - AR

8:15 a.m.  
Silver Stretch - AR

9:00 a.m.  
SilverSneakers Classic - AR

10:00 a.m.  
Circuit- AR

11:00 a.m.  
Chair Stretch - AR

12:30 p.m.  
Yo Pi - AR

5:30 p.m.  
Yoga - MP

5:30 p.m.  
HIIT FIIT - TL

6:00 p.m. April 14 & 28  
Beginner Cycling - CR

6:30 p.m.  
Walk 15 - AR

7:15 p.m. April 14 & 28  
Cardio Dance - AR

## WEDNESDAY

5:30 a.m.  
Rise & Grind- GF

6:45 a.m.  
Body Burn - AR

7:45 a.m. Lift 45 - TL

8:00 a.m.  
Morning Mashup - MP

8:00 a.m. Rise & Tone - AR

8:30 a.m. Super Sizzle - AR

8:30 a.m.  
Interval Training - TL

9:00 a.m.  
Flex & Stretch - AR

9:45 a.m.  
Line Dance (Hybrid) - AR

10:00 a.m.  
Better Balance - MP

11:00 a.m.  
SilverSneakers: Classic - AR

11:00 a.m. SSS - MP

12:15 p.m.  
Lunch Stretch - AR

12:15pm  
\$ Heart Strong MP

5:30 p.m.  
Tone it Up - AR

7:15 p.m. April 8 & 22  
Cardio Dance - AR

## THURSDAY

6:00 a.m.  
Body Burn - AR

8:15 a.m.  
Silver Stretch - AR

9:00 a.m.  
SilverSneakers Classic - AR

10:00 a.m.  
Circuit- AR

11:00 a.m.  
Chair Stretch - AR

12:30 p.m.  
Yo Pi - AR

2:00pm  
\$ BPM TL

5:30 p.m.  
Walk 15 - AR

5:30 p.m.  
HIIT FIIT - TL

7:15 p.m. April 9 & 23  
Cardio Dance - AR

## FRIDAY

5:30 a.m.  
Rise & Grind- MP

6:15 a.m.  
Body Care - AR

8:00 a.m.  
Rise & Tone - AR

8:30 a.m.  
Super Sizzle - AR

9:00 a.m.  
Flex & Stretch - AR

9:45 a.m.  
Line Dance (Hybrid) - AR

11:00 a.m.  
SilverSneakers: Classic - AR

12:15 p.m.  
Lunch Stretch- AR

## SATURDAY

9:00 a.m.  
Walk 15 - AR

9:00 am April 4 & 18  
Beginner Cycling - CR

10:00 a.m. April 4 & 18  
Cardio Dance - MP

10:00 a.m. April 11 & 25  
Fiery Cycling - CR

## SUNDAY

1:15 p.m.  
\$ F.O.R.M. - AR

-  Strength
-  Stretch
-  Cardio
-  Strength & Cardio

### INFORMATION:

- Hybrid is offered in-person and online thru Zoom.us. Meeting Code: 590 144 5794 or click [here](#).
- Due to increasing interest in cycling classes, we have implemented a "no-show/late" policy. If members/guest sign-up for a class and are 5 minutes late, any member/guest waiting will have the opportunity to join the class.
- Please arrive to class on time.
- Please inform the instructor of any limitations before class
- Please bring your own towel if you desire to lay one on the mats.
- Please remember to clean all fitness equipment before & after use.
- Please turn off cell phones during class.
- Please be courteous to others & limit your talking during class.
- Instructors and classes are subject to change without notice.
- Class with low attendance will be evaluated every month.
- Don't forget your water!!!!

Sign-up for classes online a [healthquest.clubautomation.com](http://healthquest.clubautomation.com). We can't wait to see you in class!