

M O N D A Y	Time	Class	Room	Instructor
	8:00 - 8:45	Hi-Low Impact	A	Sue S.
	8:00 - 8:45	Barre	C	Lisa F.
	8:30 - 9:15	Total Body Blast	B	Theresa S.
	8:45 - 9:30	PUMP/Stretch & Abs	A	Sue S.
	9:15 - 10:00	TRX Fusion	D	Jennifer D.
	9:15 - 10:00	Cycling	E	John L.
	9:45 - 10:15	Stretch	A	Cindy C.
	10:15 - 11:00	PUMP L2/L3	B	Lisa Jo G.
	10:30 - 11:15	Low Impact L1/L2	A	Sue S.
	10:30 - 11:30	Slow Flow Yoga	D	Cindy C.
	11:15 - 11:45	PUMP L1	A	Sue S.
	12:00 - 12:45	Chair Yoga	C	Susan R./Janae L.
	1:00 - 2:00	ZUMBA	A	Paula K.
	4:30 - 5:00	PUMP	A	Sue S.
	4:45 - 5:30	Barre	C	Amy F.
	5:00 - 5:30	Stretch & Abs	A	Sue S.
	5:30 - 6:15	PUMP/Stretch & Abs	A	Sue S.
	5:30 - 6:15	TRX Fusion	D	Rebecca W.
	5:30 - 6:15	Power Cycling L2/L3	E	Bridget K.
	6:15 - 7:00	Pilates	C	Tracy G.
	6:30 - 7:30	Cycling	E	Josh L.

T U E S D A Y	Time	Class	Room	Instructor
	8:00 - 9:00AM	Yoga	D	Ellie P.
	8:30 - 9:15	Step Intervals	B	Jennifer D.
	8:45 - 9:15	Stretch & Abs	A	Sue S.
	9:15 - 10:00	Power Cycling L2/L3	E	Jennifer D.
	9:15 - 10:15	Beginner Yoga	D	Susan R.
	10:15 - 11:00	Body Wellness L1	C	Joe B.
	10:30 - 11:15	Just Dance	B	Jane B.
	10:30 - 11:30	Pilates	A	Lisa F.
	11:45 - 12:45	Posture Plus	A	Debbie H.
	11:45 - 12:45	Vinyasa Yoga	D	Rebecca W.
	12:00 - 12:45	Buff Bones®	B	Lisa F.
	1:00 - 2:00	Tai Chi	B	Martha T.
	1:15 - 2:15	MashUp	A	Sue S.
	5:30 - 6:15	HIIT Parade	B	Jen T.
	6:00 - 7:15	Men Only Yoga	D	Susan R.
	6:15 - 7:45	Yoga	C	Matt H.
	6:30 - 7:30	Total Tone + Core	B	Josh L.

W E D N E S D A Y	Time	Class	Room	Instructor
	7:00 - 7:45	Kickboxing	A	Theresa S.
	8:00 - 8:45	Barre	C	Debbie H.
	8:00 - 8:45	Hi-Low Impact	A	Sue S.
	8:00 - 8:45	Power Zone Cycling	E	Dean B.
	8:30 - 9:15	Total Body Blast	B	Theresa S.
	8:45 - 9:30	PUMP/Stretch & Abs	A	Sue S.
	9:15 - 10:00	TRX Fusion	D	Jennifer D.
	9:15 - 10:00	Power Zone Cycling	E	Dean B.
	9:45 - 10:15	Stretch	A	Cindy C.
	10:15 - 11:00	PUMP L2/L3	B	Lisa Jo G.
	10:30 - 11:15	Low Impact L1/L2	A	Sue S.
	10:30 - 11:30	Beginner Yoga	C	Susan R.
	10:30 - 11:30	Slow Flow Yoga	D	Cindy C.
	11:15 - 11:45	PUMP L1	A	Sue S.
	11:50 - 12:50	Ballet Basics	C	Denee B.
	1:00 - 2:00	ZUMBA	A	Paula K.
	4:30 - 5:00	PUMP	A	Sue S.
	4:45 - 5:30	Barre	C	Amy F.
	5:00 - 5:30	Stretch & Abs	A	Sue S.
	5:30 - 6:15	PUMP/Stretch & Abs	A	Sue S.
	5:30 - 6:15	Power Cycling L2/L3	E	Kyle L.
	5:40 - 6:40	Yoga	C	Susan R.
	6:30 - 7:30	Yoga Your Way	D	Josh L.

T H U R S D A Y	Time	Class	Room	Instructor
	8:00 - 9:00AM	Yoga	D	Ellie P.
	8:30 - 9:15	Step Intervals	B	Jennifer D.
	8:45 - 9:15	Stretch & Abs	A	Sue S.
	9:15 - 10:00	Power Zone Cycling	E	Dean B.
	10:15 - 11:00	Body Wellness L1	C	Joe B.
	10:30 - 11:15	Just Dance	B	Jane B.
	10:30 - 11:30	Pilates	A	Lisa F.
	11:45 - 12:45	Posture Plus	A	Debbie H.
	11:45 - 12:45	Vinyasa Yoga	D	Rebecca W.
	12:00 - 1:00	Chair Yoga	C	Susan R./Janae L.
	12:00 - 12:45	Buff Bones®	B	Lisa F.
	1:00 - 2:00	Tai Chi	B	Martha T.
	1:15 - 2:15	MashUp	A	Sue S.
	5:00 - 6:00	Hip Hop L2	A	Alison C.
	5:30 - 6:15	Power Cycling L2/L3	E	Kyle L.
	5:45 - 7:00	Yoga Sculpt L2/L3	C	Amy D.
	6:30 - 7:30	Total Tone	B	Josh L.

NEW CLASSES OR CHANGES ARE HIGHLIGHTED ON SCHEDULE.
DAILY CLASS CHANGES OR SUBSTITUTIONS WILL BE POSTED ON OUR
WEBSITE AT BAPTISTMILESTONE.COM.

LEVEL 1= BEGINNER / LEVEL 2= INTERMEDIATE
LEVEL 3= ADVANCED.
ALL CLASSES ARE MULTI LEVEL UNLESS NOTED.

CLASSROOM A

2nd Level~ Take stairway on right (just after you check in at the Service Desk).
Room is at top of the stairway - 2nd classroom from the left.

CLASSROOM B

2nd level~ Take stairway on right (just after you check in at the Service Desk).
Room is at top of stairway, 1st classroom from the left.

CLASSROOM C

Lower level~ behind Service Desk, just past lobby area, straight ahead.

CLASSROOM D

2nd level~ Take stairway (to right of Café). Room is straight
ahead at top of stairs, 2nd classroom from the left.

CYCLING ROOM E

2nd level~ Take stairway (to right of Café). Room is straight ahead
at top of stairs, 1st classroom on left side.

F R I D A Y	Time	Class	Room	Instructor
	7:45 - 8:45	Kickboxing	A	Theresa S.
	8:00 - 8:45	Barre	C	Debbie H.
	8:00 - 8:45	Step	B	Sue S.
	9:00 - 9:30	PUMP	A	Theresa S.
	9:00 - 9:45	TRX Fusion	D	Debbie H.
	9:15 - 10:00	Power Zone Cycling	E	Dean B.
	9:45 - 10:15	Stretch & Ball	A	Cindy C.
	10:15 - 11:00	Core Fusion L2/L3	B	Rebecca W.
	10:15 - 11:00	Power Zone Cycling	E	Dean B.
	10:30 - 11:15	Low Impact L1/L2	A	Sue S.
	10:30 - 11:30	Slow Flow Yoga	D	Cindy C.
	11:15 - 11:45	PUMP L1	A	Sue S.
	11:15 - 12:15	Vinyasa Yoga	C	Rebecca W.
	1:00 - 2:00	ZUMBA	A	Gail J.
	4:30 - 5:00	PUMP	A	Sue S.
	5:00 - 5:30	Stretch & Abs	A	Sue S.

S A T U R D A Y	Time	Class	Room	Instructor
	8:15 - 9:00AM	Total Body Blast	B	Theresa S./Bridget K.
	8:15 - 9:00	Power Cying L2/L3	E	Jennifer D.
	8:35 - 8:55	Arms Only	A	Sue S.
	9:00 - 9:45	Hi-Low Impact	A	Sue S.
	9:00 - 9:45	TRX Fusion	D	Jennifer W.
	9:15 - 10:15	Pi-Yo	B	Josh L.
	9:30 - 10:30	Power Cycling L2/L3	E	Bridget K.
	9:50 - 10:20	Stretch & Abs	A	Sue S.
	10:00 - 11:00	Pilates	D	Lisa F.
	10:30 - 11:30	Total Tone	B	Josh L.
	10:30 - 11:45	Yoga	C	Amy D.
	11:00 - 12:00	Pilates	D	Lisa F.

S U N D A Y	Time	Class	Room	Instructor
	9:00 - 9:45AM	Total Body Blast	B	Tommy A.
	9:15 - 10:00	Cycling	E	John L./Jen T.
	10:00 - 10:45	TRX Fusion	D	Lawana B./Jen T.
	11:00 - 12:00	Pop Pilates	A	Lisa F.
	12:00 - 12:45	Yoga	D	Lisa F.

CLASS SCHEDULE EFFECTIVE
AUGUST 2025

VISIT OUR WEBSITE AT
BAPTISTMILESTONE.COM

