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| Time | Class | Room | Instructor |
|---------------|--------------------|------|-------------|
| 7:00 - 7:45AM | Kickboxing | A | Theresa S. |
| 8:00 - 8:45 | Hi-Low Impact | A | Sue S. |
| 8:00 - 8:45 | Reformed 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 - 1:00 | Chair Yoga | B | Susan R. |
| 1:00 - 2:00 | ZUMBA | A | Laura H. |
| 4:30 - 5:00 | PUMP | A | Lisa F. |
| 5:00 - 5:30 | Stretch & Abs | A | Lisa F. |
| 5:00 - 5:45 | Barre | C | Amy F. |
| 5:30 - 6:15 | The Circuit | D | Rebecca W. |
| 5:30 - 6:15 | Cycling L2/L3 | E | Bridget K. |
| 6:15 - 7:00 | Pilates | C | Tracy G. |
| 6:30 - 7:30 | Cycling | E | Josh L. |

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| Time | Class | Room | Instructor |
|---------------|-------------------|------|-------------|
| 8:00 - 8:55AM | 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 | CycleSculpt 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. |
| 11:35 - 12:35 | 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. |
| 5:30 - 6:15 | Cycling | E | Todd 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. |

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| Time | Class | Room | Instructor |
|---------------|------------------------|------|-------------|
| 7:00 - 7:45AM | Kickboxing | A | Theresa S. |
| 8:00 - 8:45 | Reformed Barre | C | Lisa F. |
| 8:00 - 8:45 | Hi-Low Impact | A | Sue S. |
| 8:15 - 9:00 | 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. |
| 12:00 - 12:45 | Chair Yoga | B | Pam W. |
| 1:00 - 2:00 | ZUMBA | A | Paula K. |
| 4:30 5:30 | POUND (Begins Wed 7/8) | B | Amy D. |
| 4:30 - 5:00 | PUMP | A | Debbie H. |
| 5:00 - 5:30 | Stretch & Abs | A | Debbie H. |
| 5:00 - 5:45 | Barre | C | Amy F. |
| 5:30 - 6:15 | The Circuit | D | Rebecca W. |
| 5:30 - 6:15 | CycleSculpt L2/L3 | E | Kyle L. |
| 5:50 - 6:50 | Yoga | C | Susan R. |
| 6:30 - 7:30 | Yoga Your Way | D | Josh L. |

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| Time | Class | Room | Instructor |
|---------------|------------------------------|------|--------------|
| 8:00 - 8:55AM | Yoga | D | Ellie P. |
| 8:30 - 9:15 | Step Intervals | B | Jennifer D. |
| 8:45 - 9:15 | Stretch & Abs | A | Sue S. |
| 9:15 - 9:45 | Core Fusion | B | Jennifer D. |
| 9:15 - 10:00 | Power Zone Cycling | E | Dean B. |
| 9:15 - 10:00 | Beginner Yoga | D | Stephanie G. |
| 10:15 - 11:00 | Body Wellness L1 | C | Stephanie G. |
| 10:30 - 11:15 | Just Dance | B | Jane B. |
| 10:30 - 11:30 | Pilates | A | Lisa F. |
| 11:35 - 12:35 | 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. |
| 5:00 - 6:00 | Hip Hop L2 | A | Alison C. |
| 5:30 - 6:15 | Cycling | E | Kyle L. |
| 5:45 - 7:00 | HIIT for Yoga Strength 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.

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| Time | Class | Room | Instructor |
|---------------|-----------------------------|------|--------------|
| 7:00 - 7:45AM | Kickboxing | A | Theresa S. |
| 8:00 - 8:45 | Step | B | Blakey M. |
| 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. |
| 11:30 - 12:30 | Cycle/TRX/Combo | E/D | Bridget K. |
| 12:00 - 12:45 | Chair Yoga | B | Stephanie G. |
| 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. |
| 5:30 - 6:00 | Relaxation (2nd & 4th Fri.) | A | Sue S. |

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| Time | Class | Room | Instructor |
|---------------|---------------------------------|------|-----------------------|
| 8:15 - 9:00AM | Total Body Blast | B | Theresa S./Bridget K. |
| 8:15 - 9:00 | CycleSculpt 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 | Jen D. |
| 9:15 - 10:15 | Pi-Yo | B | Josh L. |
| 9:15 - 10:15 | POUND® | C | Amy D. |
| 9:30 - 10:30 | CycleSculpt 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. |
| 12:00 - 1:15 | Ballet (1st Sat. of each month) | C | Denee B. |

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| 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
JULY 2026**
VISIT OUR WEBSITE AT
BAPTISTMILESTONE.COM

