

FitZone Class Schedule

Updated for Sept 2026

Monday

- 6:30-7:30am, **LES MILLS BODY PUMP** - Suzanne, Mt Elbert
- 6-6:45 am, **BOOT CAMP** - Helene, South Gym
- 7-7:45 am, **BOOT CAMP** - Helene, South Gym
- 7:45-8:45 am, **BARRE HYBRID** - Anastasia, Mt Elbert, *Meeting ID: 885 2291 6457*
<https://us02web.zoom.us/j/88522916457>
- 8-8:45 am, **TRX** - Helene, South Gym
- 8-8:45 am, **POWER BEATS HYBRID** - Shelley, Grays Studio, *Meeting ID: 832 0296 7668*
<https://us02web.zoom.us/j/83202967668>
- 9-10 am, **ZONE TONE** - Felicia, Mt Elbert
- 9-10 am, **ZUMBA GOLD HYBRID** - Anastasia, Grays Studio, *Meeting ID: 894 2226 1112*
<https://us02web.zoom.us/j/89422261112>
- 10-10:30 am, **FITNESS LINE DANCING FOR BEGINNERS** - Felicia, Grays Studio
- 10:15-11:15 am, **STRENGTH & STRETCH** - Molly, Mt Elbert
- 10:45-11:45 am, **SILVERSNEAKERS CLASSIC** - Terry, Grays Studio
- 12-12:45 am, **EXPRESS CYCLE** - Felicia, Cycle Studio
- 12-1 pm, **LUNCH CRUNCH** - Helene, Mt Elbert
- 12-1 pm, **GENTLE FLOW TO RESTORE HYBRID** - Mel G., Mt Elbert, *Meeting ID: 896 3799 4206*
<https://us02web.zoom.us/j/89637994206>
- 1:15-2:15 pm, **MOVE IT! IMPROVE IT! FOR MOVEMENT DISORDERS**- Nancy, Mt Elbert
- 1:30-2:30 pm, **SILVERSNEAKERS YOGA**- Terry, Grays Studio *NEW! Starts 9/14*
- 4:15-5:15 pm, **YOGA STRONG HYBRID** - Becky, *Meeting ID: 856 9240 5375*
<https://us02web.zoom.us/j/85692405375>
- 5:30-6:30 pm, **STEP** - Christine, Mt. Elbert
- 5:30-6:30 pm, **HIIT** - Melissa, Grays Studio *NEW! Starts 9/14*
- 6:45-7:45 pm, **GENTLE YOGA HYBRID** - Becky, Mt Elbert, *Meeting ID: 875 2492 7943*
<https://us02web.zoom.us/j/87524927943>

Tuesday

- 6-7 am, **THRESHOLD CYCLING** - Becky, Cycle studio
- 6:30-7:15am, **LES MILLS BODY PUMP HEAVY** – Meagan, Mt Elbert
- 7:15-8 am, **POWER INTERVAL CYCLE** - Burt, Cycle studio
- 7:45-8:45 am, **CARDIO SCULPT** - Joy, Grays Studio
- 8-9:15 am, **KICKBOXING & CORE** - Helene, Mt Elbert
- 9-10 am, **BUILDING STRENGTH & FLEXIBILITY** - Various, Grays Studio
- 9:30-10:30 am, **LES MILLS BODY PUMP** -Tori, Mt Elbert
- 10-10:30 am, **ULTIMATE CORE** - Helene, Grays studio
- 10:45-11:45 am, **CARDIOFIT** - Various, Grays studio
- 10:45-11:45 am, **GENTLE YOGA** - Ronda, Mt Elbert
- 11:45-12:30 pm, **PEDALING FOR PARKINSONS** – Becky, Cycle Studio
- 11:15-11:45 am, **ZUMBA GOLD CHAIR** – Laura, Crown/Imperial *NEW! Starts 9/1*
- 12-1 pm **ZONETONE** - Ronda, Grays Studio
- 12-1 pm, **YINYOGA**- Deb, Mt Elbert
- 1:15-2:15 pm, **ZUMBA+LIFT** – Laura, Mt Elbert *NEW! Starts 9/1*
- 2:45-3:45 pm, **BALANCE & STABILITY HYBRID** - Tracy, Grays Studio, *Meeting ID: 833 4804 4503*
<https://us02web.zoom.us/j/83348044503>
- 4:15-5:15 pm, **NIA HYBRID** - Tracy, Mt Elbert, *Meeting ID: 844 5596 2438*
<https://us02web.zoom.us/j/84455962438>
- 4:15-5 pm, **TRX** - Anastasia, South Gym
- 4:15-5:15 pm, **POWER YOGA HYBRID** – Katy, Grays Studio, *Meeting ID: 878 2933 9238*
<https://us02web.zoom.us/j/87829339238>
- 5:15-6:15 pm, **CYCLE** – Anastasia, Cycle studio
- 5:30-6:30 pm, **LES MILLS BODY PUMP** – Nicole, Mt Elbert
- 6:30-7:30 pm, **PILATES MAT HYBRID** - Anastasia, Grays Studio, *Meeting ID: 884 0616 4531*
<https://us02web.zoom.us/j/88406164531>
- 6:45-7:45 pm, **LATIN DANCE FITNESS** – Fiona, Mt Elbert

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Wednesday

- 6-6:45 am, **BOOT CAMP** - Helene, S Gym
- 6:30-7:30 am, **LES MILLS BODY PUMP** – Tori, Mt Elbert
- 7-7:45 am, **BOOT CAMP** – Helene, S Gym
- 7:45-8:45 am, **BARRE HYBRID** - Anastasia, Mt Elbert, *Meeting ID: 885 2291 6457*
<https://us02web.zoom.us/j/88522916457>
- 9-10 am, **ZONETONE** – Felicia, Mt Elbert
- 9-10 am, **ZUMBA HYBRID** - Joy, Grays Studio, *Meeting ID: 861 5056 7609*
<https://us02web.zoom.us/j/86150567609>
- 10-10:30 am, **FITNESS LINE DANCING FOR BEGINNERS** - Felicia, Mt Elbert
- 10:15-11:30am, **BALANCE, STABILITY & HYBRID** - Anastasia, Grays Studio
Meeting ID: 845 3203 5336
<https://us02web.zoom.us/j/84532035336>
- **STRETCH HYBRID** - Anastasia, Grays Studio
Meeting ID: 845 3203 5336
<https://us02web.zoom.us/j/84532035336>
- 10:45 -11:45 am, **SILVERSNEAKERS CLASSIC** – Terry, Mt Elbert
- 11:45-12:45 pm, **THERAPEUTIC INTERMEDIATE YOGA** – Deb, Grays studio
- 12-12:45 pm, **EXPRESS CYCLE** – Felicia, Cycle studio
- 12-1 pm, **LUNCH CRUNCH** - Helene, Mt Elbert
- 1:30-2:30 pm, **SENIOR BARRE**- Terry, Grays Studio *NEW! Starts 9/9*
- 4:15-5:15 pm, **VINYASA YOGA** - Gena, Mt Elbert
- 5:30-6:30 pm, **LES MILLS BODY PUMP** – Suzanne, Mt Elbert
- 4:30-5:45 pm, **CYCLE YOGA** – Becky, Cycle studio & Grays studio
- 6:45-7:45 pm, **HIP HOP** – Joy, Mt Elbert

Thursday

- 6-7 am, **THRESHOLD CYCLING** – Gregg, Cycle studio
- 6:30-7:15 am, **LES MILLS BODY PUMP** – Meagan, Mt Elbert
- 7:15-8 am, **POWER INTERVAL CYCLE** – Burt, Cycle studio
- 7:45-8:45 am, **CARDIO SCULPT** – Joy, Grays studio
- 8-8:50 am, **KICKBOXING** – Helene, Mt Elbert
- 9-10 am, **CARDIOFIT** – Various, Grays Studio
- 9-10 am, **LABLAST FITNESS** – Sita, Mt Elbert
- 9-9:45 am, **TRX** – Helene, South Gym
- 10-10:30 am, **ULTIMATE CORE** – Helene, Grays studio
- 10:15-11:15 am, **BARRE** – Suzanne, Mt Elbert
- 10:45-11:45 am, **GENTLE YOGA** – Ronda, Grays studio
- 11:15-11:45 am, **ZUMBA GOLD CHAIR** – Laura, Crown/Imperial
- 12-1 pm, **ZONETONE** – Ronda, Grays Studio
- 12-1 pm, **PILATES MAT HYBRID** - Anastasia, Mt Elbert, *Meeting ID: 850 9307 8779*
<https://us02web.zoom.us/j/85093078779>
- 1:15-2:15 pm, **MOVE IT! IMPROVE IT! FOR MOVEMENT DISORDERS** - Nancy Mt. Elbert
- 4:15-5 pm, **TRX** - AJ, South Gym
- 5:30-6:20 pm, **POWER CYCLE** – Rich, Cycle studio
- 5:30-6:30 pm, **VINYASA YOGA HYBRID** - Alyx, Grays Studio, *Meeting ID: 823 1785 2247*
<https://us02web.zoom.us/j/82317852247>
- 5:45-6:45 pm, **LES MILLS BODY PUMP HEAVY** – Nicole, Mt Elbert
- 7-8 pm, **RESTORATIVE YOGA HYBRID** - Peryl, Grays Studio *Meeting ID: 889 2937 4679*
<https://us02web.zoom.us/j/88929374679>

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Friday

- 5:30-6:30am, **SUNRISE YOGA** - Becky, Mt Elbert, *Meeting ID: 858 4835 0684*
<https://us02web.zoom.us/j/85848350684>
- 6-6:45 am, **BOOT CAMP** – Helene, S Gym
- 7-7:45 am, **BOOT CAMP** – Helene, S Gym
- 7:15-8:15 am, **LATIN DANCE FITNESS** – Fiona, Grays Studio *NEW! Starts 9/4*
- 8-9 am, **LES MILLS BODY PUMP** – Lara, Mt Elbert
- 9:15-10:15 am, **LES MILLS BODY PUMP** – Suzanne, Mt Elbert
- 9:15-10:15 **SILVERSNEAKERS CIRCUIT HYBRID** -Terry, Grays Studio
Meeting ID: 852 5812 1885
<https://us02web.zoom.us/j/85258121885>
- 10:45-11:45 am, **ZUMBA GOLD** – Anastasia, Mt Elbert
- 10:45-11:45 am **GENTLE FLOW TO RESTORE**, Mel G, Grays studio
- 12-1 pm, **STRENGTH & STRETCH HYBRID** - Joy, Grays studio, *Meeting ID: 824 6166 8263*
<https://us02web.zoom.us/j/82461668263>
- 12-1 pm, **HEALTHY BACK YOGA** – Deb, Mt Elbert
- 5:30-6:30 pm, **YOGA HYBRID** - Peryl, Mt Elbert, *Meeting ID: 823 1643 2956*
<https://us02web.zoom.us/j/82316432956>

Saturday

- 8:15-9:15 am, **STEP** – Christine, Mt Elbert
- 8:30-9:15 am, **EXPRESS CYCLE** – Shelley, Cycle studio
- 9-10 am, **NIA HYBRID** - Tracy, Grays Studio, *Meeting ID: 843 4966 3006*
<https://us02web.zoom.us/j/84349663006>
- 9:45-10:45 am, **POWER YOGA HYBRID** – Peryl, Mt Elbert, *Meeting ID: 851 6547 0420*
<https://us02web.zoom.us/j/85165470420>
- 10:30-11:30 am, **CARDIO DRUMMING**, Tracy, Grays Studio
- 11:15-12:15 pm, **LES MILLS BODY PUMP**, Various, Mt Elbert
- 3:45-4:45 pm, **VINYASA YOGA HYBRID** - Becky, Mt Elbert, *Meeting ID: 893 9082 8584*
<https://us02web.zoom.us/j/893908128584>

Sunday

- 7:15-8 am, **LES MILLS BODY PUMP HEAVY** – Nicole, Mt Elbert
- 8:15-9:15 am, **LES MILLS BODY PUMP** – Melissa, Mt Elbert
- 9:30-10:30 am, **LES MILLS BODY PUMP** – Nicole, Mt Elbert
- 9:30-10:30 am, **VINYASA YOGA** – Judi, Grays studio
- 10:45-11:45 am, **NIA HYBRID** - Jill, Mt Elbert, *Meeting ID: 896 6746 1062*
<https://us02web.zoom.us/j/89667461062>
- 3:30-4:30 pm, **ZUMBA** – Joy, Mt Elbert
- 4:30-4:45 pm, **QUICK STRETCH** – Joy, Mt Elbert