BAY-O-VISTA GROUP FITNESS SCHEDULE SEPT-OCTOBER 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM			**Strength & Power** **9/2 -12/30/26** **KARA**				
7:00 AM							
9:00 AM	**TBC Morning Boost** SALLY	**Strength & Power** JENNIFER K	**TBC Morning Boost** DALLIS	**Pilates Fusion** DALLIS	**TBC Morning Boost** DALLIS	**Strength & Power** DANIELLE	**Spin & Strength** CYNTHIA
10:00 AM	**Yoga** IVA	**Gentle Fit** JANA	**Pilates Fusion** DALLIS	**Yoga** TBD		**Yoga for Joint Care** **9/12-10/17** **MEGAN**	
10:00 AM						**Aqua Fit** MARY KATE/ELLEN	
12:00 PM	**Core & Conditioning** KAREN M	**Pop Pilates** STEPHANIE		**Tai Chi** ROBIN	**Core & Conditioning** STEPHANIE		
12:00 PM		**Aqua Fit** KATHY	**Aqua Fit** KATHY	**Aqua Fit** MERLE	**Aqua Fit** MERLE		
1-4:00 PM BREAK							
4:00 PM		**Kidfit** 9/22-12/8 MARY KATE		**Kidfit** 9/24-12/10 MARY KATE			**VINYASA YOGA** FELIZ
5:00 PM					**Happy Hour Yoga** MEGAN		
5:00 PM	**Aqua Fit** SALLY	**Aqua Fit** SALLY	**Aqua Fit** MERLE	**Aqua Fit** MARY KATE			
6:00 PM	**Strength & Circuit** AL						
6:30 PM		**Spin & Strength** CYNTHIA	**Yoga** FELIZ	**Spin & Strength** JANA			
7:00 PM	**Yoga** **9/14-10/19** **JUSTIN**						

***All classes are 50 minutes, and will take place in the pavilion. Bring your own yoga mat for yoga classes.**

***Face coverings/well-fitted masks are recommended for those who are imunocompromised. Please refrain from taking class if you are not feeling well.**

***Kidfit is a free program for young members ages 4-11 yrs. Kidfit 10-12 week sessions T/TH (Fall, Winter, Spring). Call front desk for more information, REGISTRATION REQUIRED**