

MHHC Group Fitness Studio Calendar September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Studio 2						
		Bootcamp 6:15-7am Jen		Bootcamp 6:15-7am Jen	Step Plus 6:15-7am Jen	
Express Core 9:45-10:15am Julie	Basic Cardio Drums 9:00-9:45am Joy	Beginner Tai Chi 9-9:45am Patti			Intermediate Tai Chi 9-10am Patti	
	Barre 10:00-10:45am Jillian	Cardio Light 10-10:45am Patti	Step and Strength 10:15-11:00 am Jillian	Cardio Light 10-10:45am Patti	Cardio Dance 10:15-11am Monica	Step Plus 10-11am Patti
TBC 11-11:45am Rotation	TBC 11-11:45 am Jillian	Basic Strength & Balance 11-11:45am Andrea	Express Core 11:05-11:35am Jillian	TBC 11:15-12pm Mike	Basic Strength & Balance 11:15-12pm Monica	Basic Step 11:10-11:55am Patti
Basic Strength & Balance 12-12:45pm Rotation		Cardio Drums 12:15-1:00pm Jillian		Basic Strength & Balance 12:30-1:15pm Monica	Cardio Drums 12:15-1:00pm Jillian	
	Express Core 4:45-5:15pm Joy	Power Fusion 5:30-6:15pm Kim	Pilates Mix 5:30pm-6:15pm Anna	Cardio Dance 5:30-6:15pm Monica		
	Simply Strength 6:30-7:15pm Joy	Barre 6:30-7:15pm Kim	Simply Strength 6:30-7:15pm Anna			
Mind and Body Studio						
			Yoga Mix 6-7am Susan		Yoga Mix 8-9am Dori	
Fusion 11am-11:45am Kim	Yoga Mix 10:45-12pm DaVaun	Pilates Mix 10:15-11am Lara	Pilates (Hybrid) 9am-9:45am Joy	Pilates (Hybrid) 9-9:45am Joy	Barre 9:15-10am Monica	Yoga Mix 10-10:45am Noelle
	Express Pilates 12:15-12:45 Monica			Gentle Yoga 10:45-12pm DaVaun	Pilates Mix 10:15-11am Lara	
	Basic Yoga 1-2pm Abby	Gentle Yoga 1-2p Abby	Vinyasa Yoga 12:15-1:15pm DaVaun	Gentle Yoga 1-2pm Abby	Yoga Mix 12:15-1:15pm Gwen	
	Pilates Mix 4:15-5pm Monica		Chair Yoga 4:30-5:15pm Gwen		Pilates Mix 4:15-5pm Monica	
	Yoga Mix 5:30-6:25 Cindy	Yoga Mix 5:30-6:15pm Noelle	Yoga Mix 5:30-6:30pm Gwen			
Cycle Studio						
	Cycling 5:45-6:30am Beth	Cycling 5:45-6:30am Wendi	Cycling 5:45-6:30am Sarah	Cycling 5:45-6:30am Wendi		
Cycling 8:30-9:30am Julie	Cycling 9:45-10:30am DaVaun	Speed Cycle 9:15-9:45am Lara	Team Beats Bike & Balance 11:15-12pm Wendi	Cycling 9:45-10:30am DaVaun	Speed Cycle 9:15-9:45 Lara	Cycling 8:30-9:15am Amanda/Noelle
				Balance and Bend (no cycling) 11:15-12pm Monica	TeamBeats Cycle& Strength 11:15-12:15pm Joy	
	Cycle & Sculpt 12:15-1pm Lara			Cycle & Sculpt 12:15-1pm Lara		
	Cycling 5:30-6:15pm Joy	Cycling 5:30-6:15pm Grace	Team Beats Pedal &Power 5:30-6:30pm Kim	Team Beats Power Hour 5:30pm-6:30 pm Grace		*Please check Technogym for most up-to-date information