



WEEKLY CLASS SCHEDULE

INSTRUCTOR-LED CLASSES | EFFECTIVE AUGUST 2026 | CLASS - TIME - COACH

HENDRICK
HEALTHCLUB

LOCATION

S1

Studio 1

S2

Studio 2

CY

Cycle

SO

South

MONDAY

14

BODYPUMP

5:30 AM | Mary

S1

ACTIVE LIVING

8:30 AM | Janet

S1

BODYBALANCE

8:30 AM | Janae

S2

THE TRIP

8:30 AM | Josh

CY

GENTLE YOGA

9:30 AM | Kathy

SO

MAT PILATES (30 min)

10:45 AM | Kathy

SO

BODYSTEP(30 min)

11:30 AM | Ramie

S1

BODYPUMP

NOON | Mike & Sarah

S1

PARKINSON'S POWER MOVES

2 PM & 3 PM | Susan

S1

THRIVE

4:30 PM | Leslie

S1

THE TRIP

4:30 PM | Linda

CY

BODYBALANCE

5:30 PM | Lauren

S2

YIN YOGA / RESTORATIVE

5:30 PM | Kathy

SO

BODYPUMP

5:30 PM | Joseph & Seth

S1

TUESDAY

10

BODYCOMBAT

5:30 AM | Rachael

S1

BODYPUMP HEAVY

8:15 AM | Rachael & Jared

S1

CHAIR YOGA

8:15 AM | Kathy

SO

ACTIVE LIVING

9:15 AM | Janet

S1

ACTIVE YOGA

9:30 AM | Terri

SO

GENTLE YOGA

10:15 AM | Kathy

S1

BODYSTEP

NOON | Maddy & Johnny

S1

THRIVE

4:30 PM | Janet

S1

THE TRIP

5:30 PM | Ron

CY

BODYSTEP

5:30 PM | Seth

S1

WEDNESDAY

15

THE TRIP

5:30 AM | Rachael

CY

THRIVE

8:30 AM | Leslie

S1

THE TRIP

8:30 AM | Josh

CY

GENTLE YOGA

9:30 AM | Kathy

SO

BODYBALANCE

9:30 AM | Janae

S1

MAT PILATES (30 min)

10:45 AM | Kathy

SO

CORE

11:30 AM | Kalee

S1

BODYBALANCE

NOON | Kalee

S2

BODYCOMBAT

NOON | Ramie

S1

PARKINSON'S POWER MOVES

2 PM & 3 PM | Susan

S1

THE TRIP

4:30 PM | Janet

CY

THRIVE

4:30 PM | Jane

SO

BODYPUMP

4:30 PM | Madeline & Mary

S1

BODYPUMP HEAVY

5:30 PM | Jared & Seth

S1

THURSDAY

9

CHAIR YOGA

8:15 AM | Kathy

SO

BODYPUMP

8:15 AM | Mike

S1

ACTIVE LIVING

9:15 AM | Janet

S1

ACTIVE YOGA

9:30 AM | Terri

SO

GENTLE YOGA

10:15 AM | Kathy

S1

BODYSTEP (30 min)

11:30 AM | Maddy/Johnny

S1

BODYPUMP

NOON | Sarah & Rachael

S1

THE TRIP

5:30 PM | Linda

CY

BODYCOMBAT

5:30 PM | Ramie

S1

FRIDAY

10

BODYPUMP

5:30 AM | Madeline

S1

THE TRIP

8:15 AM | Leslie

CY

THRIVE

9:15 AM | Leslie

S1

GENTLE YOGA

9:30 AM | Kathy

SO

MAT PILATES (30 min)

10:45 AM | Kathy

SO

CORE

11:30 AM | Velvet

S2

BODYBALANCE

NOON | Velvet

S2

THE TRIP

NOON | Rachael

CY

PARKINSON'S POWER MOVES

2 PM & 3 PM | Susan

S1

BODYPUMP

4:30 PM | Jared & Joseph

S1

SATURDAY

5

CORE

8:30 AM | Rachael

S1

BODYPUMP

9 AM | Karissa

S1

THE TRIP

9:15 AM | Rachael

CY

BODYBALANCE

9:30 AM | Rotating team

S2

BODYPUMP HEAVY

10:15 AM | Rachael & Mary

S1



WEEKLY CLASS SCHEDULE

VIRTUAL CLASSES | EFFECTIVE AUGUST 2026 | CLASS - TIME - COACH

LOCATION		S1	Studio 1	S2	Studio 2	CY	Cycle	SO	South			
MONDAY		12	TUESDAY	12	WEDNESDAY	9	THURSDAY	11	FRIDAY	10	SATURDAY	5
SPRINT		CY	SPRINT	CY	SPRINT	CY	RPM	CY	SPRINT	CY	SPRINT	CY
5:05 AM 30 minutes			5:05 AM 30 minutes		7:15 AM 30 minutes		5:05 AM 30 minutes		5:05 AM 30 minutes		8:05 AM 30 minutes	
RPM		CY	THE TRIP	CY	SPRINT	CY	THE TRIP	CY	THE TRIP	CY	SPRINT	CY
5:35 AM 50 minutes			5:35 AM 40 minutes		9:45 AM 30 minutes		5:35 AM 40 minutes		5:30 AM 40 minutes		8:30 AM 30 minutes	
THE TRIP		CY	SPRINT	CY	RPM	CY	SPRINT	CY	THE TRIP	CY	BODYBALANCE	SO
7:15 AM 40 minutes			7:15 AM 30 minutes		10:15 AM 50 minutes		7:15 AM 30 minutes		7:15 AM 40 minutes		10 AM 30 minutes	
THE TRIP		SO	SPRINT	CY	RPM	CY	SPRINT	CY	THE TRIP	SO	SPRINT	CY
8:30 AM 40 minutes			8:30 AM 30 minutes		NOON 50 minutes		8:30 AM 30 minutes		8:30 AM 30 minutes		NOON 30 minutes	
SPRINT		CY	THE TRIP	CY	THE TRIP	CY	THE TRIP	CY	SPRINT	CY	RPM	CY
9:45 AM 30 minutes			9:45 AM 30 minutes		5:30 PM 40 minutes		9:45 AM 30 minutes		9:45 AM 30 minutes		12:30 PM 30 minutes	
THE TRIP		CY	BODYPUMP	SO	BODYCOMBAT	SO	THE TRIP	CY	RPM	CY		
10:15 AM 40 minutes			NOON 30 minutes		5:45 PM		NOON		10:15 AM 50 minutes			
THE TRIP		CY	THE TRIP	CY	THE TRIP	CY	THE TRIP	SO	BODYPUMP	SO		
NOON 40 minutes			NOON 40 minutes		6:30 PM 40 minutes		NOON 40 minutes		NOON 30 minutes			
THE TRIP		SO	BODYBALANCE	SO	SPRINT	CY	BODYBALANCE	SO	BODYBALANCE	SO		
NOON 40 minutes			12:30 PM 30 minutes		8 PM 30 minutes		4 PM		12:30 PM 30 minutes			
THE TRIP		SO	SPRINT	CY			THE TRIP	CY	THE TRIP	CY		
4:30 PM 40 minutes			4:30 PM 30 minutes				4:30 PM 40 minutes		5:30 PM 40 minutes			
RPM EXPRESS		CY	BODYPUMP	SO			SPRINT	CY	RPM	CY		
5:35 PM			5 PM				6:30 PM 30 minutes		6:30 PM 50 minutes			
THE TRIP		CY	THE TRIP	CY			RPM	CY				
6:30 PM 40 minutes			6:30 PM 40 minutes				8 PM 30 minutes					
SPRINT		CY	RPM	CY								
8 PM 30 minutes			8 PM 30 minutes									