

TYLER RACQUET CLUB 2026 Group Exercise Schedule. "September"

MONDAY

8:15am
LES MILLS
BODYPUMP
Abbie

9:25am
LES MILLS
BODYPUMP
Lindsay

10:30am
Functional Fitness
Upper/Core
Laura V

12:30pm
Senior Fitness
Micro

4:30pm
Functional Fitness
Total Body
Kamie

5:30pm
LES MILLS
BODYATTACK
Erin/Ginger

6:30pm
Yoga
Kimberly

TUESDAY

5:30am
LES MILLS
BODYPUMP
Valerie 45 Min.

8:30am
Functional Fitness
Upper Body/Core
Christiana

9:30am
Functional Fitness
Total Body Strength
Christiana

10:30am
LES MILLS
BODYCOMBAT
Chandler

11:30am
Core/Mobility
Flexibility
Laura V

4:30pm
Spinerval
Kamie

5:45pm
Cardio Kickboxing
Jeff

5:30pm
LES MILLS
BODYPUMP
Erin

6:30pm
LES MILLS
BODYBALANCE
Ginger

WEDNESDAY

5:30am
LES MILLS
BODYBALANCE
Shelly T 45 Min.

6:00am
TRC Run Club
RJ

8:15am
LES MILLS
BODYPUMP
Valerie 45 Min.

9:25am
LES MILLS
BODYPUMP
Lindsay

10:30am
Functional Fitness
Total Body Strength
Amy

11:30am
Senior Fitness
Micro

4:30pm
Spinerval
Laura

5:30pm
LES MILLS
BODYCOMBAT
Kamie

THURSDAY

5:30am
LES MILLS
BODYPUMP
Valerie 45 Min.

9:30am
LES MILLS
BODYBALANCE
Shelly

5:30pm
LES MILLS
BODYPUMP
Erin/Ginger

6:30pm
LES MILLS
BODYBALANCE
Erin

FRIDAY

8:30am
CardioSculpt
Laura V

9:25am
LES MILLS
BODYPUMP
Lindsay

10:30am
Functional Fitness
Lower Body/Core
Alaina

11:30am
Zumba
Alaina

SATURDAY

8:30am
LES MILLS
BODYBALANCE
Rotation

9:15am
LES MILLS
BODYPUMP
Rotation

10:30am
Functional Fitness
Total Body
Conditioning
Kamie

