

Group Exercise

STEELGYM

UPDATED: March 5, 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am		6:30 - 7:30 Spinning with Brent		6:30 - 7:30 Spinning with Brent			
7:00am	7:00-8:00 Boot Camp with Jeff		7:00-8:00 Boot Camp with Jeff		7:00-8:00 Boot Camp with Jeff		
7:30am							
8:00am							
8:30am	8:30-9:30 SilverSneakers with Emil <small>Meets in SilverSneakers Studio</small>	8:30-9:30 SilverSneakers with Emil <small>Meets in SilverSneakers Studio</small>	8:30-9:30 SilverSneakers with Emil <small>Meets in SilverSneakers Studio</small>		8:30-9:30 SilverSneakers with Emil <small>Meets in SilverSneakers Studio</small>		
9:00am	9:00-10:00 Zumba with Sujay	9:00-10:00 Zumba with Natalie	9:00-10:00 Zumba with Sujay	9:00-10:00 Zumba with Natalie	9:00-10:00 Zumba with Sujay	9:00-10:00 Spinning with Chris	9:00 - 10:00 Spinning with Vinnie
10:00am	10:00-11:00 Yoga with Karen	10:00-11:00 Yoga with Tracey	10:00-11:00 Yoga with Richard	10:00-11:00 Yoga with Tracey	10:00-11:00 Yoga with Mitch	10:00-11:00 Boot Camp with Jeff	
10:30am							
11:00am	11:00 - 12:00 Core with John L	11:00 - 12:00 The Harris Method with Ian Harris	11:00 - 12:00 Core with John L	11:00 - 12:00 The Harris Method with Ian Harris	11:00 - 12:00 Core with John L	11:00-12:15 Vinyasa Yoga with Karen	
12 noon	12:00-1:00 Zumba with Natalie	12:00 - 1:00 Spinning with Vinnie			12:00 - 1:00 Spinning with Vinnie		
12:30pm						12:30-1:30 Zumba with Dora	
4:30pm							
5:30pm	5:30 - 6:30 Yoga with John B	5:30-6:30 Zumba with Sujay		5:30-6:30 Spinning with Chris			
6:30pm							

GET THE CURRENT SCHEDULE ONLINE: steelgym.com/classes

SCHEDULE MAY BE SUBJECT TO CHANGE, SUBSTITUTION OR CANCELLATION WITHOUT NOTICE.