

# Group Exercise

# STEELGYM

UPDATED: August 21, 2025

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

GET THE CURRENT SCHEDULE ONLINE: [steelgym.com/classes](http://steelgym.com/classes)

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