

GROUP EXERCISE | NOVEMBER 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:10 am Cycle <i>Karl 45 min Cycle Studio</i>	5:10 am The GRIND <i>Erika 45 min Level 1</i>	5:10 am Cycle <i>Karl 45 min Cycle Studio</i>	5:10 am Power Pump <i>Danielle 45 min Studio</i>	5:10 am Conditioning & Strength <i>Cathy 45 min Studio</i>	8:45 am 360 Strength Rotating 45 min Studio
5:10 am 360 Strength <i>Rebecca 45 min Studio</i>	5:10 am Pilates Strength <i>Danielle 45 min Studio</i>	5:10 am Power Push + Stretch <i>Rebecca 45 min Studio</i>	8:45 am 360 Strength <i>Emily 60 min Studio</i>	8:30 am CoreLIIT <i>Rotating 25 min Studio</i> <i>Bethany/Kathryn/Shanley</i>	November 7 - Shanley November 14 - Bethany November 21 - Rachel November 28 - Valerie
8:30 am Core <i>Rebecca 25 min Studio</i>	8:45 am 360 Strength <i>Bethany 60 min Studio</i>	8:00 am Core <i>Kimberly 25 min Studio</i>	10:00 am Flow Yoga <i>Shanley 45 min Studio</i>	9:05 am Cardio Sculpt <i>Rotating 45 min Studio</i> <i>Bethany/Kathryn/Shanley</i>	9:45 am Mind-Body Mix <i>Rotating 30 min Studio</i>
9:00 am Cycle <i>Kristen 45 min Cycle Studio</i>	10:00 am Flow Yoga <i>Shanley 45 min Studio</i>	8:45 am Step <i>Emily/Rebecca 45 min Studio</i>	12:05 pm Fine Tuning Amplified <i>Amanda 40 min Studio</i>	9:00 am Cycle + Top it Off <i>Amanda 50 min Cycle Studio</i>	November 7 - Shanley November 14 - Bethany November 21 - Rachel November 28 - Valerie
9:05 am Zumba <i>Dena 45 min Studio</i>	11:00 am Zumba Gold <i>Kathryn 45 min Studio</i>	8:45 am Cycle + Top it Off <i>Kimberly 50 min Cycle Studio</i>	4:30 pm Pilates <i>Elizabeth 45 mi Studio</i>	10:00 am Unwind <i>Rebecca 45 min Studio</i>	10:30 am Zumba <i>Dena/Amy 45 min Studio</i>
10:00 am Strength & Stretch <i>Shanley 45 min Studio</i>	12:05 pm Cardio Sculpt <i>Bethany 40 min Studio</i>	10:00 am Fine Tuning <i>Amanda 45 min Studio</i>	5:30 pm Power Circuit <i>Cristin 45 min Level 1</i>	11:00 am Silver Strong <i>Kathryn 45 min Studio</i>	
11:00 am Silver Strong <i>Kristen 45 min Studio</i>	4:30 pm Pilates <i>Elizabeth 45 min Studio</i>	11:00 am Silver Strong <i>Kathryn 45 min Studio</i>	5:30 pm Zumba <i>Dena 45 min Studio</i>	12:05 pm The GRIND <i>Erika 45 min Level 1</i>	
12:05 pm The GRIND <i>Erika 45 min Level 1</i>	5:30 pm Barre <i>Dena 40 min Studio</i>	12:05 pm The GRIND <i>Erika 45 min Level 1</i>	Thanksgiving Holiday Hours and Day after Thanksgiving Classes On Wednesday, November 25, we will close at 7:00 pm and will not offer Group Exercise or Aquatic classes after the Grind at 12:05 pm. The Play Center will be open from 8:00 am – 1:00 pm. The HFC will be closed on Thursday, November 26, in observance of Thanksgiving. We will offer a special lineup of classes on Friday, November 27: 8:00 am - The After Party Ride with Amanda 9:00 am - Post Thanksgiving Strut, Strength & Stretch with Bethany 10:30 am - Aqua AMP with Kyle 12:00 pm The GRIND with Erika <i>*All other classes will be cancelled.</i>		
4:30 pm Full Body Sweat <i>Cristin 45 min Studio</i>	6:30 pm Yoga <i>Lori 45 min Studio</i>	4:30 pm L1FT <i>Rachel 45 min Studio</i>			
5:30 pm Cycle <i>Rachel 50 min Cycle Studio</i>		5:30 pm Build & Burn <i>Valerie 45 min Studio</i>			
5:30 pm Pure Strength <i>Valerie 50 min Studio</i>		6:25 pm Pilates <i>Valerie 35 min Studio</i>			
6:45 pm Zumba <i>Amy 45 min Studio</i>					

WEEKEND + AFTER DARK

SATURDAY POP-UPS

7:30 AM | 45 MIN | STUDIO

Nov 7 - Barre with Cathy
Nov 14 - Step with Kathryn
Nov 21 - Barre with Cathy
Nov 21 - Cycle with Karl
Nov 28 - Cycle with Rebecca

SUNDAY POP-UPS

2:00 PM | 45 MIN | STUDIO

Nov 1 - Zumba with Amy
Nov 8 - Cardio Kickboxing with Bethany
Nov 15 - Yoga with Lori
Nov 22 - Line Dancing with Dena
Nov 29 - Step with Kathryn

THURSDAY AFTER DARK

6:30 PM | 45 MIN | STUDIO

LIGHTS OFF. MUSIC UP.

Nov 5 - Cardio Sculpt with Amanda
Nov 12 - Rhythm Ride with Bethany
Nov 19 - Barre Burn with Dena

MOVE MORE. LIVE BETTER.

501-450-9292
ConwayRegionalHFC.org