



SECONDFIT

SECONDFIT GROUP EXERCISE SCHEDULE

NEW YEAR 2026!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKENDS
6:15 AM Interval Conditioning 45 min Veronica Aerobics					
					SATURDAYS
8:10 AM Power Cycle xpress 25 min Kristy Cycling	8:15 AM TRX Training 30 min Kristy TRX	8:15 AM Strength Training 55 min Kristy Aerobics	8:15 AM Power Cycle 35 min Joy Cycling	8:15 AM Bounce! 55 min Kristy Aerobics	<i>Don't miss Saturdays with Duncan!</i> 9:15 AM - Circuit Training & Core 50 min Duncan Aerobics Room
8:45 AM Barre & Muscle Sculpt 50 min Kristy Aerobics					
	9:00 AM Bounce! 55 min Kristy Aerobics		9:00 AM Strength, Sweat & Stability! 55 min Kristy Aerobics		
9:45 AM Cardio Dance xpress 30 min Kristy Studio		9:30 AM 30:30 - Step & Dancel 9:30 - Step, 10am - Cardio Dance 30/60 min Kristy Aerobics		9:30 AM Cardio Dance/Zumba 45 min Kristy Aerobics	
					SUNDAYS
10:00 AM Flow 50 min Barbara Aerobics				10:30 AM Restorative Flow 50 min Key Studio	<i>...And don't miss Flow on Sundays - now at 12:30 with Sarah Carothers!</i> 12:30 PM - Flow 45 min Sarah C. Aerobics Room
11:00 AM Muscle Sculpt & Strength 45 min Fiona Aerobics	11:00 AM Conditioning 45 min Veronica Aerobics	11:00 AM Pilates & Core 45 min Fiona Aerobics	11:00 AM Conditioning 45 min Leah Aerobics		
12:00 PM Flow 45 min Sarah C. Aerobics		12:00 PM Strength Training 35 min Joy Aerobics			
5:30 PM Strength, Sweat & Core 35-40 min Saida Studio	5:30 PM Strength, Sweat & Core 35-40 min Saida Aerobics	5:30 PM Strength, Sweat & Core 35-40 min Saida Aerobics	5:30 PM Strength, Sweat & Core 35-40 min Saida Aerobics		<i>Questions about Group Exercise? Please contact Kristy Holiday at 713.365.2315 or kholiday@second.org</i>