



SECONDFIT GROUP EXERCISE SCHEDULE

BACK-TO-SCHOOL 2026!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKENDS
6:15 AM 45 min Interval Conditioning Veronica Aerobics					
					SATURDAYS
8:15 AM 25 min Power Cycle Kristy Cycling	8:15 AM 40 min TRX, Sculpt & Core Kristy Aerobics	8:10 AM 10 min Mobility Warm-up Kristy Aerobics 8:20 AM 55 min Strength Training Kristy Aerobics		8:15 AM 55 min Bounce! Kristy Aerobics	Don't miss all the fun on Saturdays! 9:15 AM - Circuit Training & Core 50 min Duncan Aerobics Room 10:15 AM 45 min Pilates, Core & More! Summer Aerobics Room
8:45 AM 15 min Pilates-ish Core Kristy Aerobics			8:45 AM 10-15 min Mobility Training Kristy Aerobics		
9:00 AM 50 min Power Body Barre Kristy Aerobics	9:00 AM 55 min Bounce! Kristy Aerobics		9:00 AM 55 min Strength & Sweat! Kristy Aerobics		
10:00 AM 25 min Cardio Dance xpress Kristy Aerobics 10:00 AM 50 min Flow * Barbara Aerobics * starting after Labor Day!		9:30 AM 9:30-10am Step 10am-10:30 - 50 min Cardio Dance/Zumba Kristy Aerobics	10:00 AM 15 min Flexibility & Foam Roller Kristy Aerobics	9:30 AM 40 min Cardio Dance/Zumba Kristy Aerobics	SUNDAYS
				10:15 AM 50 min Restorative Flow Key Studio	...And don't miss Flow on Sundays - now at 12:30 with Sarah Carothers! 12:30 PM - Flow 45 min Sarah C. Aerobics Room
11:00 AM 45 min Muscle Sculpt & Strength Fiona Aerobics	11:00 AM 45 min Conditioning Veronica Aerobics	11:00 AM 45 min Pilates & Core Summer Aerobics	11:00 AM 45 min Conditioning Leah Aerobics	11:00 AM 45 min Cardio & Core Leah Aerobics	
12:00 PM 45 min Flow Sarah C. Aerobics					
5:30 PM 35-40 min Strength, Sweat & Core Saida Studio	5:30 PM 35-40 min Strength, Sweat & Core Saida Aerobics	5:30 PM 35-40 min Strength, Sweat & Core Saida Aerobics	5:30 PM 35-40 min Strength, Sweat & Core Saida Aerobics		Questions about Group Exercise? Please contact Kristy Holiday at 713.365.2315 or kholiday@second.org