



SECONDFIT

SECONDFIT GROUP EXERCISE SCHEDULE

SPRING 2026!

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		WEEKENDS	
6:15 AM 45 min	Interval Conditioning Veronica Aerobics									SATURDAYS	
8:15 AM 35 min	Power Cycle - cardio zones Kristy Cycling	8:30 AM 35 min	LIFT - lower body Kristy Weight Rooms	8:15 AM 55 min	Strength Training Kristy Aerobics	8:30 AM 35 min	LIFT - upper body Kristy Weight Rooms	8:15 AM 55 min	Bounce! Kristy Aerobics	<i>Don't miss all the fun on Saturdays!</i> 9:15 AM - Circuit Training & Core 50 min Duncan Aerobics Room 10:15 AM Pilates, Core & More! 45 min Summer Aerobics Room	
9:00 AM 15 min	Pilates-ish Core Kristy Aerobics	9:15 AM 55 min	Bounce! Kristy Aerobics	9:30 AM 50 min	Zumba/Cardio Dance! Kevin Aerobics	9:15 AM 55 min	Strength, Sweat & Stability! Kristy Aerobics	9:15 AM 15-20 min	Foam Roller/Flexibility Kristy Aerobics		
9:15 AM 50 min	Barre & Muscle Sculpt Kristy Aerobics							9:45 AM 35 min	Cardio Dance/Zumba Kristy Aerobics	SUNDAYS	
10:15 AM 25 min	Cardio Dance xpress Kristy Aerobics							10:15 AM 50 min	Restorative Flow 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 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									<i>Questions about Group Exercise?</i> <i>Please contact Kristy Holiday at 713.365.2315 or kholiday@second.org</i>	
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				