

Group Fitness Classes

June 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Zumba 10:15-11:15 a.m. All Levels Yoga 11:30 a.m.-12:30 p.m. Indoor Cycling 4:15-5:15 p.m. HIIT 5:15-6:15 p.m.	2 Zumba 11:30 a.m.-12:30 p.m. Indoor Cycling 4:15-5:15 p.m. High LOW 5:15-6:15 p.m. Relaxing Yin Yoga 6:30-7:30 p.m.	3 Basic Yoga 11:30 a.m.-12:30 p.m. Indoor Cycling 4:15-5:15 p.m. Zumba 5:30-6:30 p.m. HIIT 6:30-7:30 p.m.	4 All Levels Yoga 10-11 a.m. Zumba 11:30 a.m.-12:30 p.m. Indoor Cycling 4:15-5:15 p.m. Cardio & Muscle 5:15-6:15 p.m. Sunset Yoga 6:30-7:30 p.m.	5	6 High Fitness 8-9 a.m. *No Zumba*
8 Zumba 10:15-11:15 a.m. All Levels Yoga 11:30 a.m.-12:30 p.m. Indoor Cycling 4:15-5:15 p.m. HIIT 5:15-6:15 p.m.	9 Cardio Kick & Step 9-9:45 a.m. Zumba 11:30 a.m.-12:30 p.m. Indoor Cycling 4:15-5:15 p.m. High Fitness 5:15-6:15 p.m. Relaxing Yin Yoga 6:30-7:30 p.m.	10 Basic Yoga 11:30 a.m.-12:30 p.m. Indoor Cycling 4:15-5:15 p.m. Zumba 5:30-6:30 p.m. HIIT 6:30-7:30 p.m.	11 All Levels Yoga 10-11 a.m. Zumba 11:30 a.m.-12:30 p.m. Indoor Cycling 4:15-5:15 p.m. Cardio & Muscle 5:15-6:15 p.m. Sunset Yoga 6:30-7:30 p.m.	12 Cardio Kick & Step 9-9:45 a.m.	13 Indoor Cycling 7-8 a.m. High LOW 8-9 a.m. Zumba 9:30-10:30 a.m.
15 Zumba 10:15-11:15 a.m. All Levels Yoga 11:30 a.m.-12:30 p.m. Indoor Cycling 4:15-5:15 p.m. HIIT 5:15-6:15 p.m.	16 Cardio Kick & Step 9-9:45 a.m. Zumba 11:30 a.m.-12:30 p.m. Indoor Cycling 4:15-5:15 p.m. High LOW 5:15-6:15 p.m. Relaxing Yin Yoga 6:30-7:30 p.m.	17 Basic Yoga 11:30 a.m.-12:30 p.m. Indoor Cycling 4:15-5:15 p.m. Zumba 5:30-6:30 p.m. HIIT 6:30-7:30 p.m.	18 All Levels Yoga 10-11 a.m. Zumba 11:30 a.m.-12:30 p.m. Indoor Cycling 4:15-5:15 p.m. Cardio & Muscle 5:15-6:15 p.m. Sunset Yoga 6:30-7:30 p.m.	19 NO CLASSES JUNETEENTH HOLIDAY	20 High Fitness 8-9 a.m. Zumba 9:30-10:30 a.m.
22 Zumba 10:15-11:15 a.m. All Levels Yoga 11:30 a.m.-12:30 p.m. Indoor Cycling 4:15-5:15 p.m. HIIT 5:15-6:15 p.m.	23 Cardio Kick & Step 9-9:45 a.m. Zumba 11:30 a.m.-12:30 p.m. Indoor Cycling 4:15-5:15 p.m. High Fitness 5:15-6:15 p.m. Relaxing Yin Yoga 6:30-7:30 p.m.	24 Basic Yoga 11:30 a.m.-12:30 p.m. Indoor Cycling 4:15-5:15 p.m. Zumba 5:30-6:30 p.m. HIIT 6:30-7:30 p.m.	25 All Levels Yoga 10-11 a.m. Zumba 11:30 a.m.-12:30 p.m. Indoor Cycling 4:15-5:15 p.m. Cardio & Muscle 5:15-6:15 p.m. Sunset Yoga 6:30-7:30 p.m.	26 Cardio Kick & Step 9-9:45 a.m.	27 Indoor Cycling 7-8 a.m. High LOW 8-9 a.m. Zumba 9:30-10:30 a.m.
29 Zumba 10:15-11:15 a.m. All Levels Yoga 11:30 a.m.-12:30 p.m. Indoor Cycling 4:15-5:15 p.m. HIIT 5:15-6:15 p.m.	30 Cardio Kick & Step 9-9:45 a.m. Zumba 11:30 a.m.-12:30 p.m. Indoor Cycling 4:15-5:15 p.m. High LOW 5:15-6:15 p.m. Relaxing Yin Yoga 6:30-7:30 p.m.	INSTRUCTOR LIST: <div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="margin: 5px;"> Akiko</div> <div style="margin: 5px;"> Daniela</div> <div style="margin: 5px;"> Mari</div> <div style="margin: 5px;"> Keaton</div> <div style="margin: 5px;"> Maki</div> <div style="margin: 5px;"> Ritsuko</div> <div style="margin: 5px;"> Keiko</div> <div style="margin: 5px;"> Sayuri</div> <div style="margin: 5px;"> Michiko</div> <div style="margin: 5px;"> Miwako</div> </div>			

All classes are **FREE!** Please bring water & a towel

For information about classes, contact the Potter Fitness Center. Schedule is subject to change without notice based upon instructor availability. We encourage you to try a variety of classes, there are options for all fitness levels. All instructors hold nationally recognized certifications and are trained in CPR. *FIP: Fitness Improvement Program

Group Fitness Classes

CLASS DESCRIPTIONS

June 2026



HIIT | High Intensity Interval Training is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and rev up your metabolism.

Cardio & Muscle | This free-form strength conditioning class is a total body workout that will target all major muscle groups while pushing you through a high-energy format. You can utilize free weights or your own body weight to perform compound exercises, superset principles and more.

Zumba | We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Indoor Cycling | A fun, fast-paced 45-minute spin class followed with a 15-minute cool down and stretch. In this class you will burn calories doing hill climbs, sprints and jumps synced to upbeat music with themed playlists and strobe lights makes the time fly by! Great for cross training and increasing fitness or as the cardio in your routine. Arrive early for bike setup instructions.

High Fitness | HIGH Fitness is a hardcore, fun fitness class that incorporates aerobic interval training with music you love and intense easy to follow fitness choreography. It combines fun (pop songs of old and new that everyone knows and loves) with intensity (interval, plyometrics and cardio) with consistency (each song has specific simple moves). Together they make a recipe for success, repeat participation and results! Get addicted to being fit!

High LOW | HIGH LOW is a lower-impact, steady-state cardio workout. In this class you will experience a modern twist on low-impact aerobics in a non-stop, feel-good mix of cardio and toning tracks designed to elevate your fitness without added impact. This no-equipment format uses simple, effective and set choreography that’s easy to follow while keeping your heart rate steady and strong, creating an efficient and sustainable cardio workout. LOW is approachable, fun and a total blast! Adaptable to all fitness levels, you can go low, but you will always leave feeling HIGH!

Gentle Flow Yoga | This class is geared specifically for those new to yoga or those who are interested in a gentle practice. This class incorporates simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, strength, balance and flexibility.

All Levels Yoga | This vinyasa flow class is appropriate for beginners with some experience through experienced students. Options and modifications are offered so the pose can work for you. The instructor will offer options for those who would like to find and explore their edge, while simultaneously honoring students who may need more rest in child’s pose.

Relaxing Yin Yoga | A style of yoga that is relaxing and encourages stillness. Postures are held from three to eight minutes stretching/stressing the connective tissues and promoting circulation of synovial fluid (joint health). This style of yoga allows you to be quiet, meditative and introspective.

Sunset Yoga | A Journey of Tranquility: Experience the serenity of Sunset Yoga, ideal for beginners and a calming nighttime ritual for everyone. This gentle practice emphasizes precision and alignment, promoting strength and flexibility at a leisurely pace. Instead of rushing through poses, you’ll savor each one, allowing time to deepen your practice and enhance your stamina. As you hold each posture for several breaths, you’ll find that yoga is as much about stillness as movement, with opportunities to explore more advanced poses. Embrace the calm and let your journey unfold, one breath at a time.