



Group Exercise/Spin

October 2025

Monday

9:00AM Tabata, ST/CT, BOSU/CT
9:15AM Lynsey
10:15AM BS/Abs
4:45PM Barre
4:45PM Molly, Dan, Amy
5:45PM Yoga
6:00PM Amy: Strength Endurance
6:50PM Jamz

Tuesday

6:15AM Garrett
9:00AM Cardio/Strength/Intervals
9:15AM Lynsey, Dan, Marcella, Valerie
4:30PM Pilates Fusion
5:45PM Cardio/Strength/Intervals
6:00PM Amy, Krista, Stephanie: Fat Burn

Wednesday

9:00AM Mat Pilates
9:15AM Krista
4:45PM Candice, Krista
6:00PM Kick Azz



Be sure to check the Silverlake app for each week's instructors and class information/type of spin class

Thursday

6:15AM Amy
9:00AM Jamz
9:15AM Beth, Kimmi
10:15AM Kick Azz
4:30PM Pilates Fusion
5:45PM Yoga

Friday

9:00AM 20/20/20, Tabata
9:15AM Jamie: Strength, Interval, Endurance
10:15AM BS/Barre

Saturday

8:15AM Krista, Stephanie, Lynsey
9:00AM Tabata, CT/Abs, Cardio/Strength/Intervals, Jamz
9:30AM Krista, Lynsey, Stephanie: Interval, Endurance

Sunday

9:00AM Cardio/Strength/Intervals, Tabata, BS/Barre, Kick Azz
9:15AM Beth, Jamie, Krista, Lynsey: Ins Choice
10:30AM Yoga