



MONDAY

6:00 - 6:30 am
FIIT Fusion (A)

8:15 - 8:45 am
CHAIR Cardio (A)

9:00 - 10:00 am
Cardio Barre w/ Ab Focus (A)

10:00 - 10:45 am
CHAIR Yoga (B)

11:00-11:45 am
Cardio Drumming (A)

11:00 - 11:45 am
Yoga Flow (B)

12:00 - 12:45 pm
TRX & Tone (B)

4:15 - 5:15 pm ●
Total Body Strength (A)
(NO CLASS 3/25)

5:30 - 6:30 pm
Stretch & Strength Yoga (A)

TUESDAY

8:00 - 9:00 am **NEW**
Barbell Club (A)

9:00 - 10:00 am
Pilates (B)

10:15-10:45 am
Cardio Drumming (A)

11:00 - 11:30 am ●
Cycle Zone (C)

11:30 - 12:30 pm ●
Yoga w/ Props (B)

12:00 - 12:30 pm ●
Upper Body Strength (A)

12:30 - 1:00 pm ●
Lower Body Strength (A)

2:00 - 2:30 pm
CHAIR Pilates/Core Strength (A)

2:45 - 3:15 pm
CHAIR Weights & Aerobics (A)

4:15-5:15 pm ●
Booty & Core Burn (A)
(NO CLASS 3/26)

5:15 - 6:15 pm
Pilates for Beginners (B)

5:30 - 6:30 pm
V - Step Cardio (A)

6:30- 7:30 pm
Pilates w/ Kate (B)

WEDNESDAY

6:00-6:45 am
Step into Shape (A)

8:15-9:15 am
Pilates w/ Kate (A)

9:00 - 10:00 am
Cycle & Suspend w/ Robin (C)

9:30 - 10:00 am
CHAIR Pilates/Core Strength (A)

10:15 - 10:45 am
CHAIR Weights & Aerobics (A)

10:45 - 11:30 am **NEW**
TRX Strong (B)

11:00-12:00 pm ●
Total Body Barre (A)
(NO CLASS 3/27)

12:00 - 12:30 pm ●
Ride to the Rhythm (C)
(NO CLASS 3/27)

12:15 - 1:15 pm ●
Total Body Strength (B)
(NO CLASS 3/27)

2:30 - 3:15 pm
CHAIR Yoga (A)

5:15 - 6:15 pm
Stretch & Strength Yoga (A)

5:30 - 6:30 pm
Pilates for Beginners (B)

6:30 - 7:30 pm
V - TABATA (A)

6:45 - 7:45 pm
Pilates w/ Kate (B)

THURSDAY

6:30 - 7:15 am
HIIT Spin (C)

9:00 - 10:00 am
Pilates (A)

10:00-10:30 am
Quick Stretch (A)

11:00-11:30 am
Upper Body Strength (A)

11:30-12:00 pm
Lower Body Strength (A)

11:30a - 12:30 pm ●
Yoga for Balance (B)

12:15-12:45 pm
Cardio Drumming (A)

1:00 - 1:30 pm **NEW**
CHAIR Barbell (A)

1:30 - 1:45 pm ●
CHAIR Stretch (A)

5:15 - 6:00 pm
Kickboxing to the Beat (A)

6:15-7:15 pm
Stretch & Strength Yoga (A)

FRIDAY

6:30 - 7:30 am
V - Cardio Xpress & Body Sculpt (A)

9:00 - 10:00 am
Step into Shape (A)

10:15 - 10:45 am
CHAIR Strength & Tone (A)

10:45 - 11:00 am
CHAIR Stretch (A)

SATURDAY

3/2/24
8:30 - 9:30 am
V - 3-2-1 HIIT (A)

9:30 - 10:30 am
Pilates for Beginners (B)

10:00 - 11:00 am
Total Body Barre (A)

10:45 - 11:45 am
Pilates w/ Kate (B)

3/9/24
8:00 - 9:00 am
V - Power Hour (A)

9:30 - 10:30 am
Pilates for Beginners (A)

10:45 - 11:45 am
Pilates w/ Kate (A)

3/16/24
8:00-9:00am
V - Boxing Bootcamp (A)

9:30 - 10:30 am
Pilates for Beginners (A)

10:45 - 11:45 am
Pilates w/ Kate (A)

3/23/24
7:30 - 8:00 am
PLYO HIIT (A)

8:00 - 9:00 am
Bars & Bells Weight Training (A)

9:30 - 10:30 am
Pilates for Beginners (A)

10:45 - 11:45 am
Pilates w/ Kate (A)

3/30/24
8:30 - 9:30 am
V - Platform Cardio & Strength Training (A)

9:30 - 10:30 am
Pilates for Beginners (B)

10:45 - 11:45 am
Pilates w/ Kate (B)

● = REMINDERS

● = Same class, new time! ● = Same class, different day!

V = Class held on-site with virtual instruction

