



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)

5:30 - 6:30 pm ●
Stretch & Strength Yoga (A)
(NO CLASS 4/1)

TUESDAY

8:00 - 8:45 am
Barbell Club (A)

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

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

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

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

11:30 - 12:30 pm
Yoga w/ Props (B)

12:15 - 12:45 pm **NEW**
Circuit 30 (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)

5:15 - 6:15 pm
Pilates Fundamentals (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
TRX Strong (B)

11:00 - 12:00 pm
Total Body Barre (A)

12:00 - 12:30 pm
Ride to the Rhythm (C)

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

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

5:30 - 6:30 pm
Pilates Fundamentals (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)

9:15 - 10:15 am ● ●
Total Body Strength (B)

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
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

4/6/24
8:00 - 9:00 am
V - Basic Step & Tone (A)

9:30 - 10:30 am
Pilates Fundamentals (A)

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

4/13/24
8:30 - 9:30 am
V - TABATA (A)

9:30 - 10:30 am
Pilates Fundamentals (B)

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

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

4/20/24
8:00 - 9:00 am
V - BOSU Bootcamp (A)

9:30 - 10:30 am
Pilates Fundamentals (A)

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

4/27/24
8:30 - 9:30 am
V - Barbells & Benches (A)

10:00 - 11:00 am
Booty & Core Burn (A)

