



## MONDAY

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

8:15 - 8:45 am  
**CHAIR** Strength & Tone (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  
Yoga Flow (B)

12:00 - 12:30 pm  
Boxfit TRX (B)

4:15 - 5:00 pm  
Total Body Strength (A)

5:30 - 6:30 pm  
Stretch & Strength Yoga (A)  
(NO CLASS 10/07)

5:30 - 6:30 pm ●  
Pilates w/ Kate (B)

6:00 - 6:45 pm **NEW**  
V - HIIT Spin (C)

6:45 - 7:45 pm **NEW**  
Level 2 Pilates w/ Kate (B)

## TUESDAY

5:30 - 6:15 am  
Strength & Conditioning Circuit (A)  
(NO CLASS 10/22)

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

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

11:00 - 11:30 am  
Upper Body Strength (A)  
(NO CLASS 10/15)

11:30 - 12:00 pm  
Lower Body Strength (A)  
(No Class 10/15)

11:30 - 12:30 pm **NEW**  
Functional Yoga (B)

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

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

4:15 - 5:00 pm  
Booty & Core Burn (A)

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

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

6:45 - 7:30 pm **NEW**  
V - Full Body Strength (A)

## 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)

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

12:15 - 1:00 pm  
Barbell Club (A)

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 - Boxing Bootcamp (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)

9:00 - 9:45 am  
Total Body Strength (B)  
(No Class 10/17 & 10/31)

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

10:00 - 10:30 am  
Upper Body Strength (B)  
(No Class 10/17 & 10/31)

10:30 - 11:00 pm  
Lower Body Strength (B)  
(No Class 10/17 & 10/31)

11:30 - 12:30 pm **NEW**  
Functional Yoga (B)

12:00 - 12:30 PM  
Full Body Dumbbell Strength (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)  
(NO CLASS 10/31)

6:15 - 7:15 pm  
Stretch & Strength Yoga (A)  
(NO CLASS 10/31)

6:30 - 7:15 pm **NEW**  
V - HIIT Spin (C)

## FRIDAY

5:30 - 6:15 am  
Strength & Conditioning Circuit (A)  
(NO CLASS 10/25)

6:00 - 6:45 am **NEW**  
V - HIIT SPIN (C)

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

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



## SATURDAY

10/5/24  
7:45 - 8:45 am  
V - TABATA (A)

10/12/24  
8:30 - 9:30 am  
V - 1-2-3 Step HIIT (A)

9:30 - 10:15 am  
Pilates Fundamentals (B)

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

10/19/24  
8:30 - 9:30 am  
V - Bootcamp (A)

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

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

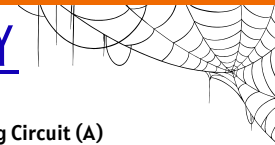
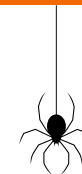
10/26/24  
8:30 - 9:30 am  
V - Booty Band, Butt & Gut (A)

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

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

## SUNDAY

7:30 - 8:15 am  
Strength and Conditioning Circuit (A)  
10/6/24 ONLY



● = REMINDERS

● = Same class, new time!

● = Same class, different day!

V = Class held on-site with virtual instruction