

MONDAY

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

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

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

11:00 - 11:30 am
CHAIR Cardio (A)

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)

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

6:45 - 7:15 pm **NEW**
Brain Gains: Meditation (A)

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

TUESDAY

5:30 - 6:15 am
Strength & Conditioning Circuit (A)

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

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

10:15 - 10:45 am **NEW**
Roll & Recharge (B)

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

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

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

12:30 - 1:00 pm **NEW**
Quick Spin (C)

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 & Sculpt (A)

6:30 - 7:30 pm
Pilates w/ Kate (B)
(NO CLASS 1/7)

WEDNESDAY

Closed 1-1-25

Happy New Year!

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)

12:30 - 1:00 pm
Circuit 8 (A)

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

4:00 - 5:00 pm
V - RevFit (A)

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

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

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)

10:00 - 10:30 am
Upper Body Strength (B)

10:30 - 11:00 pm
Lower Body Strength (B)

11:00 - 11:30 am ●
Silver Strength (A)

11:30 - 12:30 pm
Functional Yoga (B)
(NO CLASS 1/2 & 1/9)

12:00 - 12:30 PM
Full Body Dumbbell Strength (A)

5:15 - 6:00 pm
Kickboxing to the Beat (A)
(NO CLASS 1/2 & 1/9)

6:15 - 7:15 pm
Stretch & Strength Yoga (A)
(NO CLASS 1/2 & 1/9)

FRIDAY

5:30 - 6:15 am
Strength & Conditioning Circuit (A)

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

8:30 - 9:30 am
Step into Shape (A)

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

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



SATURDAY

1/4/25
8:30 - 9:30 am
V - Full Body Toning (A)

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

10:30 - 11:30 am
Upper & Lower Body Strength (A)

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

1/11/25
8:30 - 9:30 am
V - Cardio X HIIT (A)

8:30 - 9:15 am
TR-Xpress & Cardio (B)

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

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

1/18/25
8:30 - 9:30 am
V - Battle of the Bands & Bar (A)

10:30 - 11:15 am
Total Body Strength (A)

1/25/25
8:30 - 9:30 am
V - Toning Bootcamp (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 & CONDITIONING CIRCUIT (A)

