



MONDAY

CLOSED 5/26/25



- 6:00 - 6:30 am
FIIT Fusion (A)
(No Class 5/12 & 5/19)
- 9:00 - 10:00 am
Cardio Barre w/ Ab Focus (A)
Barre w/ Michelle 5/12 & 5/19
- 10:00 - 10:45 am
CHAIR Yoga (B)
- 11:00 - 11:45 am
CHAIR Strength & Tone (A)
(No Class 5/12)
- 11:00 - 11:45 am
Yoga Flow (B)
- 12:00 - 12:45 pm
Functional Strength & Tone (A)
- 4:15 - 5:00 pm
Total Body Strength (A)
- 5:30 - 6:30 pm
Stretch & Strength Yoga (A)
(No Class 5/5)
- 7:15 - 8:00 pm
Strength & Conditioning Circuit (A) **NEW**
(No Class 5/19)

TUESDAY

- 5:30 - 6:15 am
Strength & Conditioning Circuit (A)
(No Class 5/20)
- 8:00 - 8:45 am
Barbell Club (A)
- 9:00 - 10:00 am
Pilates (A)
Pilates w/ Kate 5/13 & 5/20
- 11:30 - 12:30 pm
Functional Yoga (B)
(No Class 5/27)
- 12:00 - 12:30 pm **NEW**
Circuit 30 (A)
- 12:30 - 1:00 pm
Quick Spin (C)
- 1:00 - 1:30 pm
CHAIR Pilates/Core Strength (A)
- 1:45 - 2:15 pm
CHAIR Weights & Aerobics (A)
- 4:15 - 5:00 pm
Booty & Core Burn (A)
- 5:30 - 6:30 pm
Pilates w/ Kate (B)
- 5:30 - 6:30 pm
V - Step & Sculpt (A)
- 6:45 - 7:45 pm
Level 2 Pilates w/ Kate (B)

V = Class held on-site with virtual instruction

WEDNESDAY

- 6:00 - 6:45 am
Step into Shape (A)
(No Class 5/14 & 5/21)
- 8:15 - 9:15 am
Pilates w/ Kate (A)
- 9:00 - 10:00 am
Cycle & Suspend w/ Robin (C)
(No Class 5/14)
Cycle w/ Janelle 5/21
- 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
Functional HIIT & Core (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)
HIIT Spin w/ Danielle 5/15 & 5/22
- 9:00 - 10:00 am
Pilates (A)
(No Class 5/15 & 5/22)
- 10:00 - 10:30 am
Quick Stretch (A)
(No Class 5/15 & 5/22)
- 10:00 - 11:00 am
Upper & Lower Body Strength (B)
Upper & Lower w/ Janelle 5/22
- 11:00 - 11:30 am
Silver Strength (A)
- 11:30 - 12:30 pm
Functional Yoga (B)
- 4:15 - 4:45 pm **NEW**
Full-body Dumbbell (A)
- 5:15 - 6:00 pm
Kickboxing to the Beat (A)
- 5:30 - 6:00 pm **NEW**
ZUMBA (B)
- 6:15 - 7:15 pm
Stretch & Strength Yoga (A)

FRIDAY

- 5:30 - 6:15 am
Strength & Conditioning Circuit (A)
(No Class 5/16)
- 6:30 - 7:30 am
V - Muscle REPS in Motion (A)
- 8:30 - 9:30 am
Step into Shape (A)
(No Class 5/16 & 5/23)
- 9:00 - 9:30 am **NEW**
Silver Strength (B)
(No Class 5/2)
- 10:15 - 10:45 am
CHAIR Cardio (A)
(No Class 5/2)
- 10:45 - 11:00 am
CHAIR Stretch (A)
(No Class 5/2)

SATURDAY

- 5/3/25
8:30 - 9:30 am
V - AMPED UP (A)
- 9:45 - 10:30 am
Flashback Fitness (A)
- 9:00 - 9:45 am
TR-Xpress & Cardio (B)
- 10:30 - 11:15 am
Total Body Strength (B)
- 5/10/25
8:30 - 9:30 am
V- Step HIIT (A)
- 5/17/25
8:30 - 9:30 am
V - Cardio Crunch + Butt N Gut (A)
- 9:30 - 10:30 am
Pilates Fundamentals (B)
- 10:30 - 11:15 am
Total Body Strength (A)
- 10:45 - 11:45 am
Pilates w/ Kate (B)
- 5/24/25
8:00 - 9:00 am
V - 3-2-1 HIIT (A)
- 5/31/25
9:00 - 10:00 am
V - Weighted Bootcamp (A)

SUNDAY

- 7:30 - 8:15 am
Strength & Conditioning Circuit (A)
- 1:30 - 2:15 pm
V - DrumFit (A)
(No Class 5/11 & 5/25)