




MONDAY

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

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

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

12:00 - 12:45 pm
Functional
Strength & Tone (A)
(No class 11/24)

5:00 - 5:45 pm
HIIT Circuit w/
Tiffany (B)


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

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 - 11:00 am 
CHAIR Barbells, Dumbbells
and Bands! (A)

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

4:00 - 4:45 pm
HIIT Circuit w/ Tiffany (A)

5:30 - 6:30 pm
V - Step & Sculpt (A)

WEDNESDAY

**Wellness Center
closing @ 7pm on 11/26**


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

8:00 - 8:45 am
Strength & HIIT (A)

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

10:00 - 11:00 am
Pilates w/ Kate (A)
(No class 11/26)

11:15 - 12:00 pm
CHAIR Pilates/Core
Strength & Weights (A)
(No class 11/26)

12:15 - 1:00 pm 
From Chair to Mat Pilates:
Progressing your
practice! (A)
(No class 11/26)

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

5:15 - 6:00 pm
Kickboxing to the Beat (A)
(No class 11/26)

5:30 - 6:15 pm
Ride Strong (C)

6:15 - 7:15 pm
Stretch & Strength Yoga (A)
(No class 11/26)


THURSDAY

**Wellness Center
closed on 11/27**

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

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

10:15 - 11:00 am
Quick Stretch (B)


10:15 - 11:00 am 
CHAIR Cardio
Drumming (A)

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

12:00 - 12:45 pm
Ride Strong (C)

4:00 - 4:45 pm
HIIT Circuit w/
Tiffany (A)

5:15 - 6:00 pm
Yoga Sculpt (A)

5:30 - 6:15 pm 
ZUMBA (B)

FRIDAY

**Wellness Center
closing @ 4pm on 11/28**

5:30 - 6:15 am
Strength & Conditioning
Circuit (A)
(No class 11/28)

6:30 - 7:30 am
**V - Muscle REPS
in Motion (A)**

8:30 - 9:30 am
Step into Shape (A)
(No class 11/28)

10:15 - 11:00 am
CHAIR Cardio &
Stretch (A)
(No class 11/28)

SATURDAY

11/1/25
8:30 - 9:00 am
V - Plyo HIIT (A)

9:00 - 9:30 am
V - Butt N Gut (A)

11:00 - 11:45 am
HIIT Circuit w/ Tiffany (A)

11/8/25
8:30 - 9:30 am
V - RevFit (A)

10:00 - 11:00 am
Pilates Fundamentals (B)

11:00 - 12:00 pm
Power Hour (A)

11:15 - 12:15 pm
Pilates w/ Kate (B)

11/15/25
8:30 - 9:00 am
V - Step Cardio Fitness (A)

9:00 - 9:30 am
V - Body Sculpt (A)

9:45 - 10:30 am
Flashback Fitness (A)

10:00 - 11:00 am
Kids ZUMBA! (B)

Premium Class

11/22/25
8:30 - 9:30 am
V - TABATA Fitness (A)

9:15 - 10:00 am
ZUMBA (B)

11/29/25
9:00 - 9:45 am
V - Lift & Burn w/ Shawn T (A)

9:30 - 10:15 am
TR-Express & Cardio (B)

11:00 - 11:45 am
HIIT Circuit w/ Tiffany (A)

SUNDAY

7:30 - 8:15 am
Strength & Conditioning Circuit (A)
(11/2 & 11/9 ONLY)

9:00 - 9:45 am
Ride Strong (C)
(11/9 ONLY)

9:00 - 10:00 am
Power Hour (A)
(11/23 ONLY)

9:00 - 9:45 am
HIIT Circuit w/ Tiffany (A)
(11/16 ONLY)

 = New Class!

 = Same class, new time!

V = Class held on-site with virtual instruction