




MONDAY

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

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


9:00 - 10:00 am
Mat Pilates
w/ Toi (B)

10:15 - 11:00 am 
CHAIR Strength
& Tone (A)

10:15 - 11:00 am
Hip Hop Vinyasa
Yoga (B)

11:15 - 12:00 pm
CHAIR Yoga:
Anchored Flow (B)

12:00 - 12:45 pm
Functional
Strength & Tone (A)

12:00 - 12:45 pm 
Spin & Strength (C)

5:00 - 6:00 pm
HIIT Circuit w/
Tiffany (A)

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

TUESDAY


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

8:00 - 8:45 am
Barbell Club (A)
(No class 4/21)

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)

4:30 - 5:15 pm 
Cardio Drumming (A)

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

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

WEDNESDAY

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

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

10:00 - 11:00 am
Pilates w/ Kate (A)

11:15 - 12:00 pm
CHAIR Pilates/Core
Strength & Weights (A)

12:00 - 12:30 pm
TRX Circuit (B)
(No class 4/1)

12:15 - 1:00 pm 
Intro to Pilates
w/ Kate (A)

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

4:00 - 4:45 pm 
Women on Weights (B)
(No class 4/1)

5:15 - 6:00 pm
Kickboxing to the
Beat (A)

5:30 - 6:15 pm 
Spin & Strength (C)
(No class 4/1)

6:15 - 7:15 pm
Stretch & Strength
Yoga (A)

THURSDAY

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)

11:15 - 12:00 pm
Cardio Drumming (A)

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

12:15 - 12:45 pm
Cardio 30 (A)
(No class 4/2)

4:00 - 5:00 pm
HIIT Circuit w/
Tiffany (A)
(No class 4/2)

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


6:15 - 7:00 pm
Surrender Yoga w/
Meditation (A)


FRIDAY

5:30 - 6:15 am
Strength &
Conditioning
Circuit (A)
(No class 4/3)

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

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

9:00 - 9:45 am 
Hip Hop Vinyasa
Yoga (B)

10:00 - 10:45 am 
Yolates (B)

10:15 - 11:00 am
CHAIR Cardio &
Stretch (A)
(No class 4/3 & 4/24)

12:15 - 1:00 pm
Cardio Drumming (A)

1:15 - 2:00 pm
CHAIR Cardio
Drumming (A)

SATURDAY

4/4/26
8:30 - 9:30 am
V - Tabata (A)

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

4/11/26
8:00 - 8:45 am
V - Muscle REPS in Motion (A)

9:00 - 9:45 am
Flashback Fitness (A)

11:00 - 12:00 pm
HIIT Circuit w/ Tiffany (A)

4/18/26
8:30 - 9:30 am
V - Boxing Bootcamp (A)

9:30 - 10:15 am
ZUMBA (B)

11:00 - 12:00 pm
HIIT Circuit w/ Tiffany (A)

4/25/26
8:30 - 9:30 am
V - RevFit (A)

11:00 - 12:00 pm
HIIT Circuit w/ Tiffany (A)

SUNDAY

7:30 - 8:15 am
Strength & Conditioning
Circuit (A)
(Class only 4/12 & 4/26)

9:00 - 10:00 am
Spin & Strength (C)
(Class only 4/12 & 4/19)

10:00 - 10:45 am
Yolates (A)
(Class only 4/12)

11:00 - 11:45 am
Surrender Yoga w/ Meditation (A)
(Class only 4/12)