



JUNE 2026


Wellness Center Hours:

Monday - Thursday 5:00 am - 9:00 pm

Friday 5:00 am - 8:00 pm

Saturday & Sunday 7:00 am - 4:00 pm

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
Vibe & Vinyasa
Yoga (B)

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

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

5:00 - 6:00 pm
Build & Burn w/
Tiffany (A) 

5:30 - 6:30 pm
Stretch & Strength
Yoga (B)
(No class 6/15)

TUESDAY

5:30 - 6:15 am
Strength & Conditioning
Circuit (A)
(No class 6/9)

6:30 - 7:15 am
Strength & Conditioning
Circuit (A)
(No class 6/9)

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)
(No class 6/16)

11:30 - 12:30 pm
Functional Yoga (B)
(No class 6/16)

12:45 - 1:30 pm
CHAIR Cardio
Drumming (A)

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

5:30 - 6:15 pm
ZUMBA (B)
(No class 6/2)

WEDNESDAY

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

8:00 - 8:45 am
Cardio Drumming (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)

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)

5:15 - 6:00 pm
Kickboxing to the
Beat (A)
(No class 6/10 & 6/17)

5:30 - 6:15 pm
Spin & Strength (C)

6:15 - 7:15 pm
Stretch & Strength
Yoga (A)
(No class 6/10 & 6/17)

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)
(No class 6/11 & 6/18)

12:15 - 12:45 pm
Cardio 30 (A)

4:00 - 5:00 pm
Build & Burn w/
Tiffany (A) 

5:15 - 6:00 pm
Yoga Sculpt (A)
(No class 6/11 & 6/18)

FRIDAY

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

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
Vibe & Vinyasa Yoga (B)

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

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

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

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

SATURDAY


[6/6/26](#)
8:30 - 9:30 am
V - Floor, Core & More! (A)

10:00 - 10:45 am
Cardio Drumming (A)

11:00 - 11:45 am
Build & Burn w/ Tiffany (A)

[6/13/26](#)
8:30 - 9:30 am
V - RevFit (A)

[6/20/26](#)
8:30 - 9:30 am
V - Power Hour (A)

9:00 - 9:45 am 
ZUMBA
(Outside & FREE to the public)

10:15 - 11:00 am
TR-Xpress & Cardio (B)

11:00 - 11:45 am
Build & Burn w/ Tiffany (A)

[6/27/26](#)
8:30 - 9:30 am
V - Bootcamp (A)

SUNDAY

7:30 - 8:15 am
Strength & Conditioning
Circuit (A)
(No class 6/14)

9:00 - 9:45 am
Spin & Strength (C)
(No class 6/14 & 6/28)

 = **New Class!**

V = Class held on-site with virtual instruction