Memorial Healthcare | Wellness Center

NOVEMBER 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 - 6:45 am
FIIT Fusion (A)

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

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

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

1:00 - 1:30 pm NEW
TRX Circuit w/ Zakk (B)

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

5:30 - 6:30 pm
Stretch & Strength Yoga (B)
(No class 11/23 & 11/30)

TUESDAY

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

6:30 - 7:00 am NEW
Full-Body Foam Roll (A)

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

8:00 - 8:45 am
Slow Flow Vinyasa Yoga (B)
(No class 11/24)

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)
(No class 11/24)

4:00 - 4:45 pm
AMRAP Strong (A)

4:30 - 5:00 pm
Full-Body 30 (B)

5:30 - 6:30 pm
V - TABATA Training (A)

5:30 - 6:15 pm NEW
TRX Circuit w/ Kayla (B)
(No class 11/3)

WEDNESDAY

Wellness Center closing @ 7pm on 11/25

6:00 - 7:00 am
Step into Shape (A)

7:15 - 8:00 am
V - RevFit (A)

8:30 - 9:30 am
Cycle & BOSU w/ Robin (C)

9:00 - 9:45 am
Silver Strength (A)

10:00 - 11:00 am
Pilates w/ Kate (A)
(No class 11/25)

11:15 - 12:00 pm
CHAIR Pilates/Core Strength & Weights (A)
(Join Janelle for CHAIR Strength & Tone on 11/25)

12:00 - 12:30 pm
TRX Circuit w/ Selina (B)

4:00 - 4:45 pm
Women on Weights (A)

5:15 - 6:00 pm
Kickboxing to the Beat (A)
(No class 11/25)

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

6:15 - 7:15 pm
Stretch & Strength Yoga (A)
(No class 11/25)

THURSDAY

Wellness Center closed on 11/26

5:30 - 6:15 am
Total Body Strength Circuit (B)

6:30 - 7:15 am
Total Body Strength Circuit (B)

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

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

9:15 - 9:45 am
Core Foundations: Ball + Floor (B)

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

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

4:00 - 4:45 pm
Build & Burn (A)

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

6:15 - 7:00 pm
Cardio Drumming (A)
(No class 11/5)

FRIDAY

Wellness Center closing @ 4pm on 11/27

5:30 - 6:15 am
Strength & Conditioning Circuit (A)
(No class 11/27)

6:30 - 7:00 am NEW
Morning Meditation (B)

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

7:30 - 8:15 am
Total Body Strength Circuit (B)

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

10:15 - 11:00 am
CHAIR Cardio & Stretch (A)
(No class 11/27)

12:00 - 12:45 pm
CHAIR Cardio Drumming (A)
(No class 11/6)

SATURDAY

11/7/26
8:30 - 9:30 am
V - BOSU Fitness (A)

11/14/26
8:30 - 9:30 am
V - RevFit (A)

10:00 - 11:00 am
Build & Burn (A)

11/21/26
8:30 - 9:30 am
V - Industrial Strength-Stationary Circuits (A)

11/28/26
8:00 - 9:00 am
Step into the '80s w/ toning (A)

10:00 - 11:00 am
Build & Burn (A)

SUNDAY

7:30 - 8:15 am
Strength & Conditioning Circuit (A)
(No class 11/15 & 11/22)

9:00 - 10:00 am
AMRAP Strong (A)
(Only 11/8 & 11/15)

NEW = New Class!

= Same class, new time!

V = Class held on-site with virtual instruction