MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30AM RISE AND REP AUDRY						
8:00-8:50 AM SENIOR BALANCE SUE	8:00-8:50 AM LOW IMPACT KATHRYN	8:00-8:50 AM SENIOR BALANCE DEANNA	8:00-8:50 AM SENIOR INTERVAL KATHRYN	8:00-8:50 AM FOCUS FITNESS X3 ROBIN		
9:00-10:00 AM ZUMBA ANDREA R	9:00-10:00 AM CARDIO STRENGTH FRANK/NADINE	9:00-10:00 AM ZUMBA ANDREA R	9:00-10:00 AM YOGA KATHRYN	9:00-10:00 AM UPLIFT/SHINE PAMELA	9:00-10:00 AM CARDIO STRENGTH FRANK	9:00-10:00 AM CHISEL'D YVETTE
10:15-11:15 AM BARRE ELEVATED NADINE	10:15-11:15 AM CHISEL'D FRANK/NADINE	10:15-11:15 AM YOGA TJ	10:15-11:15 AM FUNCTIONAL STRENGTH KATHRYN	10:15-11:15 AM YOGA ANDREA	10:15-11:15 AM CHISEL'D FRANK	
	4:15-5:15 PM YOGA KATHRYN					
5:30-6:30 PM SHINE FITNESS PAMELA	5:30-6:30 PM UPLIFT PAMELA	5:30-6:30 PM SHINE FITNESS PAMELA	5:30-6:30 PM BARRE BLITZ GEORGIA			

SPIN SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30 AM KRISTEL		5:30 AM KRISTEL			
9:00 AM DEANNA		9:00 AM NADINE		9:00 AM NADINE		

Schedule effective for November, 2026

CARDIO TRAINING

SENIOR INTERVAL: THIS CLASS COVERS ALL YOUR FITNESS NEEDS, ALTERNATING INTERVALS OF STRENGTH TRAINING WITH NON-JARRING AEROBICS, THEN ENDING WITH A RELAXING STRETCH. THE MOVEMENTS ARE DESIGNED WITH SENIORS IN MIND!

LOW IMPACT AEROBICS: THIS CLASS IS A GENTLER EXERCISE PROGRAM OF CHOREOGRAPHED AEROBICS. THE WORKOUT IS KIND TO THE JOINTS AND CONTAINS NO JUMPING OR JARRING MOVEMENTS.

SHINE FITNESS: SHINE IS A CHOREOGRAPHED DANCE-FITNESS PROGRAM SET TO CURRENT HIT MUSIC WITH BALLET, HIP-HOP AND JAZZ INFLUENCES. JOIN THE FUN AND TURN YOUR SWEAT INTO SHINE!

CARDIO STRENGTH: ATHLETIC CARDIO TRAINING THAT INCORPORATES STRENGTH INTERVALS

SPINNING: JOHNNY G'S INTERNATIONALLY ACCLAIMED INDOOR CYCLING PROGRAM BUILDS CARDIOVASCULAR ENDURANCE AND KEEPS YOU READY FOR THE ROAD.

ZUMBA: THIS LATIN-INSPIRED CLASS FEELS MORE LIKE A PARTY THAN A WORKOUT. BURN FAT, HAVE FUN, FEEL HOT, HOT, HOT!

MUSCLE CONDITIONING

BARRE BLITZ: EXPERIENCE A FULL-BODY BARRE WORKOUT THAT BLENDS STRENGTH TRAINING, CARDIO AND MINDFULNESS. THIS CLASS IS A HEART-PUMPING, DYNAMIC SESSION THAT WILL LEAVE YOU FEELING YOUR BEST.

FOCUS FITNESS X3: THIS SENIOR SPECIALTY WORKOUT FOCUSES ON I. CARDIO, 2. STRENGTH AND 3. FLOW.

UPLIFT: STRENGTH ROUTINES UTILIZING MINI BALLS, BANDS AND HAND WEIGHTS SET TO ICONIC MUSIC FOR A TOTAL BODY WORKOUT.

FUNCTIONAL STRENGTH: BOUTS OF TRADITIONAL STRENGTH TRAINING FOR BUILDING LEAN MASS AND BONE DENSITY ALTERNATE WITH MULTI-PLANAR STRENGTH PATTERNS INCORPORATING CHANGES OF DIRECTION, BASE OF SUPPORT AND LEVEL.

CHISEL'D: UTILIZING MINI-BARBELLS AND DUMBBELLS, THIS STRENGTH TRAINING CLASS IMPROVES MUSCULAR STRENGTH & ENDURANCE, BONE DENSITY AND FAT-BURNING METABOLISM. NOVICE THROUGH EXPERIENCED EXERCISERS MIX WELL IN THIS SELF-PACED WORKOUT.

BARRE ELEVATED: INCORPORATING SMALL APPARATUS SUCH AS GLIDERS, BANDS, BALLS AND LIGHT WEIGHTS, THIS BARRE WORKOUT DELIVERS TONED MUSCLES AND MORE!

SENIOR STRENGTH + BALANCE: DESIGNED WITH THE NEEDS OF SENIORS IN MIND, THIS CLASS IMPROVES AND MAINTAINS MUSCLE MASS, STRENGTH, AND BONE DENSITY IN ADDITION TO IMPROVING BALANCE THROUGH SKILL SPECIFIC MOVEMENTS.

RISE & REP: AN ATHLETIC BLEND OF FUNCTIONAL STRENGTH AND CIRCUIT TRAINING FOR FULL BODY CONDITIONING.

YOGA: TRADITIONAL BUT "DO-ABLE" YOGA POSTURES LINKING BREATH AND MOVEMENT COMPRISE THIS PRACTICE. YOU'LL LEAVE CLASS FEELING STRONG, STRETCHED, AND CENTERED