

Class Descriptions

JUMP Circuit = mini

trampolines/strength/cardio all in one. Class is divided into a circuit workout. Get overall body with this class.

BASIC YOGA - Basic VINYASA Flow

TRX training tool that leverages gravity and the user's body weight to complete

100s of exercises

POWER PUMP - STRENGTH TRAINING FOR THE ENTIRE BODY

JUMP-N-PUMP - trampolines and strength training mixed in class to get a full body workout

Step Aerobics - Traditional step with



Silver Sneakers Classes - SS DO NOT GO TO THE FLOOR

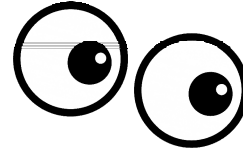
Classic - Strength, Core, Cardio & flexibility.

Yoga Yoga Poses & Flexibility

STAFFED HOURS

Monday - Thursday
8:00am - 12:00pm
4:30pm - 6:30pm
Friday
8:00am - 12:00pm
4:30pm - 6:00pm
Saturday
8:00am - 10:00am

NEW DAYS FOR Warm Flow & BASIC YOGA! LOOK CLOSE!



April 2026

Classes available Tuesday & Thursday @5:30

Monday	Tuesday	Wednesday	Thursday	Friday
		8:30 Jump-n-Pump 9:30 Balance Assessment with Koren 10:30 SS Yoga 5:30 BASIC YOGA	10:30 SS Classic 5:30 TRX	6:00*Boot Camp Sit-N-Spin 8:30 NO CLASS
6	7	8	9	10
8:30 NO CLASS 10:30 SS Yoga 6:00 *Warm Flow	8:00*Sit-N-Spin 10:30 SS Classic 5:30 Jump-N-Pump	8:30 Jump-n-Pump 10:30 SS Yoga 5:30 Basic Yoga	10:30 SS Classic 5:30 TRX	6:00*Boot Camp Sit-N-Spin 8:30 Power Pump
13	14	15	16	17
8:30 3-2-1 10:30 SS Yoga 6:00 *Warm Flow	8:00*Sit-N-Spin 10:30 SS Classic 5:30 Jump-N-Pump	8:30 Jump-n-Pump 10:30 SS Yoga 5:30 Basic Yoga	10:30 NO CLASS 5:30 TRX	6:00*Boot Camp Sit-N-Spin 8:30 Power Pump
20	21	22	23	24
8:30 3-2-1 10:30 SS Yoga 6:00 *Warm Flow	8:00*Sit-N-Spin 10:30 SS Classic 5:30 Jump-N-Pump	8:30 Jump-n-Pump 10:30 SS Yoga 5:30 Basic Yoga	10:30 SS Classic 5:30 TRX	6:00*Boot Camp Sit-N-Spin 8:30 Power Pump
27	28	29	30	
8:30 3-2-1 10:30 SS Yoga 6:00 *Warm Flow	8:00*Sit-N-Spin 10:30 SS Classic 5:30 Jump-N-Pump	8:30 Jump-n-Pump 10:30 SS Yoga 5:30 Basic Yoga	10:30 SS Classic 5:30 TRX	

The Yoga Studio

Classes can be purchased with punch cards.

Non-Members

Drop-ins \$12.00

5 Punch \$50.00

Members

5 punch \$45.00

Sit-N-Spin

Non-Members

Drop-Ins \$12.00

5 Punch \$50.00

10 Punch \$90.00

Members

Drop-ins \$10.00

5 Punch \$25.00

10 Punch \$45.00

Boot Camp Spin

Non-Member

\$40.00

Member

\$20.00