

Group Fitness Class Description

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 VINAYASA 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

GutBusters - ALL AB Work



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



August 2025

Monday	Tuesday	Wednesday	Thursday	Friday	
				1	<p><i>The Yoga Studio</i></p> <p>Classes can be purchased with punch cards.</p> <p><u>Non-Members</u> Drop-ins \$12.00 5 Punch \$50.00</p> <p><u>Members</u> 5 punch \$45.00</p> <p>*****</p> <p><u>Sit-N-Spin</u> <u>Non-Members</u> Drop-Ins \$12.00 5 Punch \$50.00 10 Punch \$90.00</p> <p><u>Members</u> Drop-ins \$10.00 5 Punch \$25.00 10 Punch \$45.00</p> <p><u>Boot Camp</u> <u>Member</u> \$40.00 <u>Non-Member</u> \$75.00</p>
				6:00 * Boot camp 8:30 PIYO	
4	5	6	7	8	
8:30 Instructors Choice 10:30 SS Yoga 5:30 PIYO	10:30 SS Classic 5:30 TRX JUMP Circuit	6:00 * Boot Camp/Sit-N-Spin 8:30 Power Pump 10:30 SS yoga	8:15 *Sit-N-Spin 10:30 SS Classic 5:30 Basic Yoga	6:00 * Boot camp 8:30 PIYO	
11	12	13	14	15	
8:30 Instructors Choice 10:30 SS Yoga 5:30 PIYO	10:30 SS Classic 5:30 TRX JUMP Circuit	6:00 * Boot Camp/Sit-N-Spin 8:30 Power Pump 10:30 SS yoga	NO CLASSES TODAY Please use the gym and get your workout in!!	6:00 * Boot camp 8:30 PIYO	
18	19	20	21	22	
8:30 Instructors Choice 10:30 SS Yoga 5:30 PIYO	10:30 SS Classic 5:30 TRX JUMP Circuit	6:00* Sit-N-Spin 8:30 Power Pump 10:30 SS yoga	8:15 *Sit-N-Spin 10:30 SS Classic 5:30 Basic Yoga	8:30 NO CLASS	
25	26	27	28	29	
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