

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

15/15/15 - Cardio, Strength & CORE

Step Aerobics - Traditional step with weights and abs.

Hi/Low - Floor aerobics.



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



February 2026



Monday	Tuesday	Wednesday	Thursday	Friday
<p>* Denotes extra fees for this class</p>				
<p>ABS & GLUTES Fitness Junkies</p>				
<p>8:30 Hi/Low 10:30 SS Yoga</p> <p>5:30 TRX</p>	<p>8:00* Sit-N-Spin 10:30 SS Classic</p> <p>5:30 Power Pump</p>	<p>8:30 JUMP 10:30 SS Yoga</p> <p>6:00 * Warm Yoga Flow</p>	<p>10:30 SS Classic</p> <p>5:30 Basic Yoga</p>	<p>6:00 * Boot Camp Spin</p> <p>8:30 Power Pump</p>
<p>8:30 NO CLASS 10:30 SS Yoga</p> <p>5:30 NO CLASS</p>	<p>8:00* Sit-N-Spin 10:30 SS Classic</p> <p>5:30 Power Pump</p>	<p>8:30 JUMP 10:30 SS Yoga</p> <p>6:00 * Warm Yoga Flow</p>	<p>10:30 SS Classic</p> <p>5:30 Basic Yoga</p>	<p>6:00 * Boot Camp Spin</p> <p>8:30 Power Pump</p>
<p>8:30 STEP 10:30 SS Yoga</p> <p>5:30 TRX</p>	<p>8:00* Sit-N-Spin 10:30 SS Classic</p> <p>5:30 Power Pump</p>	<p>8:30 JUMP 10:30 SS Yoga</p> <p>6:00 NO CLASS</p>	<p>10:30 SS Classic</p> <p>5:30 Basic Yoga</p>	<p>6:00 * Boot Camp Spin</p> <p>8:30 Power Pump</p>
<p>8:30 Instructors Choice 10:30 SS Yoga</p> <p>5:30 TRX</p>	<p>8:00* Sit-N-Spin 10:30 SS Classic</p> <p>5:30 Power Pump</p>	<p>8:30 JUMP 10:30 SS Yoga</p> <p>6:00 * Warm Yoga Flow</p>	<p>10:30 SS Classic</p> <p>5:30 Basic Yoga</p>	<p>6:00 * Boot Camp Spin</p> <p>8:30 Power Pump</p>

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