

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.



RenewActive™
by UnitedHealthcare

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

**Try Something
NEW & Different
each Monday AM Class
and see what you like.**

What's your New Years Resolution?

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>* Denotes extra fees for this class</p> <p> ABS & GLUTES Fitness Junkies</p>			1	2
			NO CLASSES	
5	6	7	8	9
8:30 15-15-15 10:30 SS Yoga 5:30 TRX	8:00* Sit-N-Spin 10:30 SS Classic 5:30 Jump Circuit	8:30 Jump Circuit 10:30 SS Yoga 6:00 *Warm Yoga Flow	10:30 SS Yoga 5:30 Basic Yoga	6:00 Boot Camp *Sit-N-Spin 8:30 Power Pump
12	13	14	15	16
8:30 Step Aerobics 10:30 SS Yoga 5:30 TRX	8:00* Sit-N-Spin 10:30 SS Classic 5:30 Jump Circuit	8:30 Jump Circuit 10:30 SS Yoga 6:00 *Warm Yoga Flow	10:30 SS Yoga 5:30 Basic Yoga	6:00 Boot Camp *Sit-N-Spin 8:30 Power Pump
19	20	21	22	23
8:30 Hi/Low 10:30 SS Yoga 5:30 TRX	8:00* Sit-N-Spin 10:30 SS Classic 5:30 Jump Circuit	8:30 Jump Circuit 10:30 SS Yoga 6:00 *Warm Yoga Flow	10:30 SS Yoga 5:30 Basic Yoga	6:00 Boot Camp *Sit-N-Spin 8:30 Power Pump
26	27	28	29	30
8:30 Kickfit 10:30 SS Yoga 5:30 TRX	8:00* Sit-N-Spin 10:30 SS Classic 5:30 Jump Circuit	8:30 Jump Circuit 10:30 SS Yoga 6:00 *Warm Yoga Flow	10:30 SS Yoga 5:30 Basic Yoga	6:00 Boot Camp *Sit-N-Spin 8:30 Power Pump

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