

## Group Fitness Class Description

\* Denotes extra fees for this class

### 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

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

# July 2025



Monday	Tuesday	Wednesday	Thursday	Friday
 <b>ABS &amp; GLUTES Fitness Junkies</b>	1 10:30 SS Classic 5:30 PiyoExpressPump	2 6:00 *Boot Camp 8:30 Jump Circuit	3 8:15*Sit-N-Spin 10:30 SS Classic 5:30 Basic Yoga	4 6:00 * Boot Camp NO CLASSES
7 8:30 TRX 10:30 SS Yoga 5:30 Jump Circuit	8 10:30 SS Classic 5:30 PiyoExpressPump	9 6:00 *Boot Camp 8:30 TRX 10:30 SS Yoga	10 8:15*Sit-N-Spin 10:30 SS Classic 5:30 Basic Yoga	11 6:00*Boot Camp 8:30 PiyoExpressPump
14 6:00 *Boot Camp 8:30 TRX 10:30 SS Yoga 5:30 Jump Circuit	15 10:30 SS Classic 5:30 PiyoExpressPump	16 6:00 *Boot Camp 8:30 TRX 10:30 SS Yoga	17 5:30 Basic Yoga	18 NO CLASS
21 10:00 SS Yoga	22 NO CLASSES	23 10:30 SS Yoga	24 5:30 Basic Yoga	25 NO CLASS
28 8:30 TRX 10:30 SS Yoga 5:30 Jump Circuit	29 10:30 SS Classic 5:30 PiyoExpressPump	30 6:00 *Boot Camp 8:30 TRX 10:30 SS Yoga	31 8:15*Sit-N-Spin 10:30 SS Classic 5:30 Basic Yoga	6:00 *Boot Camp

## 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

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## 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  
Member