

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



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

St.Pats Workout, March 16 @5:30!

RSVP

March 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 ABS & GLUTES Fitness Junkies	* Denotes extra fees for this class					
2 8:30 3-2-1 10:30 SS yoga	3 8:00 *Sit-N-Spin 10:30 SS Classic 5:30 JUMP-N-PUMP	4 8:30 Jump Circuit 10:30 SS Yoga 6:00 *Warm Flow	5 10:30 SS Classic 5:30 NO YOGA	6 6:00 NO CLASS Sit-N-Spin 8:30 Power Pump		
9 NO 8:30 10:30 SS Yoga	10 8:00 *Sit-N-Spin 10:30 SS Classic 5:30 JUMP-N-PUMP	11 8:30 Jump Circuit 10:30 SS Yoga 6:00 *Warm Flow	12 10:30 SS Classic 5:30 Basic Yoga	13 6:00*Boot Camp Sit-N-Spin 8:30 Power Pump		
16 8:30 3-2-1 10:30 SS yoga 5:30 ST. PATS WORKOUTS	17 8:00 *Sit-N-Spin 10:30 SS Classic 5:30 JUMP-N-PUMP	18 8:30 Jump Circuit 10:30 SS Yoga 6:00 *Warm Flow	19 10:30 SS Classic 5:30 Basic Yoga	20 6:00*Boot Camp Sit-N-Spin 8:30 Power Pump		
23 8:30 3-2-1 10:30 SS yoga	24 8:00 *Sit-N-Spin 10:30 SS Classic 5:30 JUMP-N-PUMP	25 8:30 Jump Circuit 10:30 SS Yoga 6:00 *Warm Flow	26 10:30 SS Classic 5:30 Basic Yoga	27 6:00*Boot Camp Sit-N-Spin 8:30 Power Pump		
30 8:30 3-2-1 10:30 SS yoga	31 8:00 *Sit-N-Spin 10:30 SS Classic 5:30 JUMP-N-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 \$30.00
Member \$15.00