

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



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

May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
 ABS & GLUTES Fitness Junkies	* Denotes extra fees for this class			1 6:00*Sit-N-Spin 8:30 TRX
4 8:30 3-2-1 10:30 SS Yoga	5 8:00 *Sit-N-Spin 10:30 SS Classic 5:30 Power Pump	6 8:30 Jump-N-Pump 10:30 SS Yoga 5:30 Basic Yoga	7 10:30 SS Classic 5:30 Jump Circuit	8 6:00*Sit-N-Spin 8:30 TRX
11 8:30 3-2-1 10:30 SS Yoga	12 8:00 *Sit-N-Spin 10:30 SS Classic 5:30 Power Pump	13 8:30 Jump-N-Pump 10:30 SS Yoga 5:30 Basic Yoga	14 10:30 SS Classic 5:30 Jump Circuit	15 6:00*Sit-N-Spin 8:30 TRX
18 8:30 3-2-1 10:30 SS Yoga	19 8:00 *Sit-N-Spin 10:30 SS Classic 5:30 Power Pump	20 8:30 Jump-N-Pump 10:30 SS Yoga 5:30 Basic Yoga	21 10:30 SS Classic 5:30 Jump Circuit	22 6:00*Sit-N-Spin 8:30 TRX
25 NO CLASS	26 8:00 *Sit-N-Spin 10:30 SS Classic 5:30 Power Pump	27 8:30 Jump-N-Pump 10:30 SS Yoga 5:30 Basic Yoga	28 10:30 SS Classic 5:30 Jump Circuit	29 NO CLASS

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
\$400.00
Member
\$20.00