

## Group Fitness Class Description

### 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



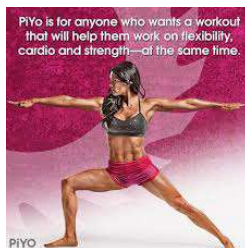
### Silver Sneakers Classes - SS DO NOT GO TO THE FLOOR

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



**NEW TIME  
for SS  
Classic**

May 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>* Denotes extra fees for this class</b></p> <p></p> <p><b>ABS &amp; GLUTES Fitness Junkies</b></p>			<p>1</p> <p>8:15 *Sit-N-Spin 10:30 SS Classic 5:30 Basic Yoga</p>	<p>2</p> <p>8:30 Piyo</p>	<p><i>The Yoga Studio</i></p> <p>Classes can be purchased with punch cards.</p> <p><b>Non-Members</b> Drop-ins \$12.00 5 Punch \$50.00 <b>Members</b> 5 punch \$45.00 *****</p> <p><b>Sit-N-Spin</b> <b>Non-Members</b> Drop-Ins \$12.00 5 Punch \$50.00 10 Punch \$90.00</p> <p><b>Members</b> Drop-ins \$10.00 5 Punch \$25.00 10 Punch \$45.00</p>	
<p>5</p> <p>8:30 Step 9:00 Gutbusters 10:30 SS Yoga 5:30 Power Pump</p>	<p>6</p> <p>10:30 SS Classic 5:30 PIYO</p>	<p>7</p> <p>8:30 Jump Circuit 10:30 NO SS YOGA</p>	<p>8</p> <p>8:15 * Sit-N-Spin 10:30 SS Classic 5:30 Basic Yoga</p>	<p>9</p> <p>8:30 Piyo</p>		
<p>12</p> <p>8:30 Step 9:00 Gutbusters 10:30 SS Yoga 5:30 Power Pump</p>	<p>13</p> <p>10:30 SS Classic 5:30 PIYO</p>	<p>14</p> <p>8:30 Jump Circuit 10:30 SS YOGA</p>	<p>15</p> <p>8:15 *Sit-N-Spin 10:30 SS Classic 5:30 NO YOGA</p>	<p>16</p> <p>8:30 Piyo</p>		
<p>19</p> <p>8:30 Step 9:00 Gutbusters 10:30 SS Yoga 5:30 Power Pump</p>	<p>20</p> <p>10:30 SS Classic 5:30 PIYO</p>	<p>21</p> <p>8:30 Jump Circuit 10:30 SS YOGA</p>	<p>22</p> <p>8:15 *Sit-N-Spin 10:30 SS Classic 5:30 Basic Yoga</p>	<p>23</p> <p>8:30 Piyo</p>		
<p>26</p> <p><b>NO CLASSES</b></p>	<p>27</p> <p>10:30 SS Classic 5:30 PIYO</p>	<p>28</p> <p>8:30 Jump Circuit 10:30 SS YOGA</p>	<p>29</p> <p>8:15 *Sit-N-Spin 10:30 SS Classic 5:30 Basic Yoga</p>	<p>30</p> <p>8:30 Piyo</p>		