

Group Fitness Class Description

3-2-1 -3 minutes of cardio, 2 minutes of strength and 1 minute of Core exercises

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

15/15/15 - Cardio, Strength & CORE



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

November-2025

STARTS THIS MONTH, NOV 5

Warm Slow Flow
a grounding practice to move
mindfully, build heat, and release
stress midweek

Monday	Tuesday	Wednesday	Thursday	Friday	
* Denotes extra fees for this class  ABS & GLUTES Fitness Junkies					
3	4	5	6	7	<i>The Yoga Studio</i> 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 \$.00 5 Punch \$25.00 10 Punch \$45.00 ***** BOOT CAMP SPIN 3 classes Member = \$15.00 Non-Member = \$30.00 DROP IN \$12.00
8:30 3-2-1 10:30 SS Yoga 5:30 Power Pump	8:00* Sit-N-Spin 10:30 SS Classic 5:30 TRX Circuit	8:30 PIYO 10:30 SS Yoga 6:00* Warm Slow Flow	10:30 SS Classic 5:30 Basic Yoga	6:00 Boot Camp *Sit-N-Spin 8:30 Power Pump	
10	11	12	13	14	
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17	18	19	20	21	
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24	25	26	27	28	
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