

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

GUTBUSTERS -ALL ABS!!

POWER PUMP - STRENGTH TRAINING

FOR THE ENTIRE BODY

JUMP-N-PUMP - trampolines and strength training mixed in class to get a full body workout

Stretch & Flex - Overall body Stretches for your muscles.

ALL CARDIO - Heart friendly Moves



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

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	
 ABS & GLUTES Fitness Junkies * Denotes extra fees for this class			1 10:30 SS Classic 5:30 Stretch & Flex 6:00 Gutbusters	2 NO CLASSES!!!	
5 8:30 ALL Cardio 10:30 SS STRETCH	6 8:00*Sit-N-Spin 10:30 SS Classic 5:30 TRX	7 6:00 *Boot Camp 8:30 3-2-1 10:30 SS Yoga 5:30 * Basic Yoga	8 10:30 SS Classic 5:30 Stretch & Flex 6:00 Gutbusters	9 6:00 * Boot Camp 8:30 TRX	
12 8:30 ALL Cardio 10:30 SS STRETCH	13 8:00*Sit-N-Spin 10:30 SS Classic 5:30 TRX	14 6:00 *Boot Camp 8:30 3-2-1 10:30 SS Yoga 5:30 * Basic Yoga	15 10:30 SS Classic 5:30 Stretch & Flex 6:00 Gutbusters	16 6:00 * Boot Camp 8:30 TRX	
19 8:30 ALL Cardio 10:30 SS STRETCH	20 8:00*Sit-N-Spin 10:30 SS Classic 5:30 TRX	21 6:00 *Boot Camp 8:30 3-2-1 10:30 SS Yoga 5:30 * Basic Yoga	22 10:30 SS Classic 5:30 NO CLASSES!!!	23 NO CLASSES	
26 8:30 ALL Cardio 10:30 SS Yoga	27 8:00*Sit-N-Spin 10:30 SS Classic 5:30 TRX	28 6:00 *Boot Camp 8:30 3-2-1 10:30 SS Yoga 5:30 * Basic Yoga	29 10:30 SS Classic 5:30 Stretch & Flex 6:00 Gutbusters	30 6:00 * Boot Camp 8:30 TRX	

YOGA

Non-Members

Drop-ins \$15.00

5 Punch \$60.00

Member

Drop-Ins \$10.00

5 Punch \$45.00

Sit-N-Spin

Non-Members

Drop-Ins \$15.00

5 Punch \$60.00

10 Punch \$100.00

Members

Drop-ins \$10.00

5 Punch \$25.00

10 Punch \$45.00

Boot Camp Spin

Non-Member

Drop-Ins \$15.00

\$80.00 Month

Member

Drop-Ins \$10.00

\$40.00 Monthly