

Class Description

Work on flexibility this month with
Basic Yoga & Stretch and Flex!
 2 classes to help you get more
 mobility!

Clear your schedule for
Wednesday & Thursday nights!

* Denotes extra fees for this class

September 2026

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.



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

Monday	Tuesday	Wednesday	Thursday	Friday
 ABS & GLUTES Fitness Junkies	1 8:00 *Sit-N-Spin 10:30 SS Classic 5:30 Jump -N- Pump	2 6:00*Boot Camp 8:30 Jump Circuit 10:30 SS Yoga 5:30 * Basic Yoga	3 10:30 SS Classic 5:30 - 6:00 Stretch & Flex 6:00-6:15 Gutbusters	4 6:00 * Boot Camp/Spin 8:30 Power Pump
7 NO CLASSES!	8 8:00 *Sit-N-Spin 10:30 SS Classic 5:30 Jump -N- Pump	9 6:00*Boot Camp 8:30 Jump Circuit 10:30 SS Yoga 5:30 NO CLASS	10 10:30 SS Classic NO Evening Classes	11 NO CLASSES
14 8:30 NO CLASS 10:30 SS Yoga	15 8:00 *Sit-N-Spin 10:30 SS Classic 5:30 Jump -N- Pump	16 6:00*Boot Camp 8:30 Jump Circuit 10:30 SS Yoga 5:30 * Basic Yoga	17 10:30 SS Classic 5:30 - 6:00 Stretch & Flex 6:00-6:15 Gutbusters	18 6:00 * Boot Camp/Spin 8:30 Power Pump
21 8:30 3-2-1 10:30 SS Yoga	22 8:00 *Sit-N-Spin 10:30 SS Classic 5:30 Jump -N- Pump	23 6:00*Boot Camp 8:30 Jump Circuit 10:30 SS Yoga 5:30 * Basic Yoga	24 10:30 SS Classic 5:30 - 6:00 Stretch & Flex 6:00-6:15 Gutbusters	25 6:00 * Boot Camp/Spin 8:30 Power Pump
28 8:30 3-2-1 10:30 SS Yoga	29 8:00 *Sit-N-Spin 10:30 SS Classic 5:30 Jump -N- Pump	30 6:00*Boot Camp 8:30 Jump Circuit 10:30 SS Yoga 5:30 * Basic Yoga		

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