

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

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

Fall Challenge! Add more miles this month! Each day or week add .25, .5 or 1.0 mile. At the end of the month you will have added more steps!!

GREAT JOB!

September 2025



Monday	Tuesday	Wednesday	Thursday	Friday
1 NO CLASSES	2 10:30 SS Classic 5:30 TRX Jump Circuit 6:00 Gutbusters	3 8:30 PIYO 10:30 SS yoga	4 8:15 *Sit-N-Spin 10:30 SS Classic 5:30 Basic Yoga	5 NO CLASSES
8 8:30 15/15/15 10:30 SS Yoga 5:30 Piyo	9 10:30 SS Classic 5:30 TRX Jump Circuit 6:00 Gutbusters	10 8:30 PIYO 10:30 SS yoga	11 8:15 *Sit-N-Spin 10:30 SS Classic 5:30 Basic Yoga	12 6:00*Sit-N-Spin 8:30 Power Pump
15 8:30 15/15/15 10:30 SS Yoga 5:30 Piyo	16 10:30 SS Classic 5:30 TRX Jump Circuit 6:00 Gutbusters	17 8:30 PIYO 10:30 SS yoga	18 8:15 *Sit-N-Spin 10:30 SS Classic 5:30 Basic Yoga	19 6:00*Sit-N-Spin 8:30 Power Pump
22 8:30 15/15/15 10:30 SS Yoga 5:30 Piyo	23 10:30 SS Classic 5:30 TRX Jump Circuit 6:00 Gutbusters	24 8:30 PIYO 10:30 SS yoga	25 8:15 *Sit-N-Spin 10:30 SS Classic 5:30 Basic Yoga	26 6:00*Sit-N-Spin 8:30 Power Pump
29 8:30 15/15/15 10:30 SS Yoga 5:30 Piyo	30 10:30 SS Classic 5:30 TRX Jump Circuit 6:00 Gutbusters	* Denotes extra fees for this class		
			 ABS & GLUTES Fitness Junkies	

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