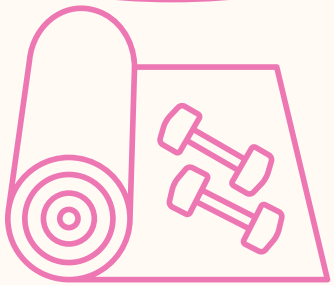


Weekly Schedule

FALL 2026 'NASTICS FITNESS

Mon



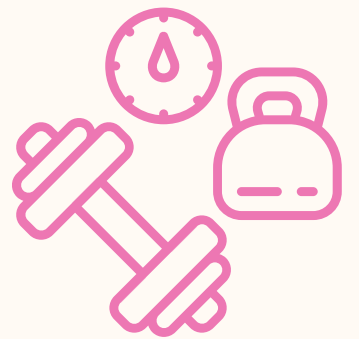
7:00-8:00 AM
Church
Coach Jan

**Sunrise Sculpt & Tone
Pilates**

Tues

7:30-8:30 PM
Rec
Coach Jan

Let's HIIT it!



Wed



7:30-8:30 PM
Rec
Coach Jan

**Gains on Repeat!
Progressive Overload
Strength Training**

Thurs

7:00-8:00 AM
Church
Coach Jan

Morning Mobility Yoga



SAT

Church
8:00 - 9:00 Am
Coach Jan

**Kick it up a Notch!
Kickboxing**