

FIG Garden Group Fitness – Fall 2025

Move Better. Feel Stronger. Live Healthier.

Here at FIG, we're proud to offer a variety of group fitness classes designed for all levels — whether you're looking to improve strength, flexibility, endurance, or overall well-being. Our certified instructors provide personal attention in a supportive, motivating atmosphere to help you reach your goals.

■ Questions? lizm@fig-garden.com

Class	Days & Times
Yoga	Mon & Wed 8:15 AM Fri 8:30 AM Mon 6:00 PM
Muscle & Mobility	Wed 9:15 AM
Muscle Toning	Tues & Thurs 10:00 AM
Pilates (Mat)	Tues 9:00 AM
Aqua Fitness	Mon & Thurs 5:45 PM Sat 9:00 AM
Cardio Core & More	Tues 5:45 AM
Weight Weight, Thursday	Thurs 5:45 AM
Spin	Mon & Fri 5:30 AM
Better Balance + Stretch	Thurs 9:00 AM
Ballet Fit	Sat 9:00 AM