



## Group Exercise Fall 2026

|    | MONDAY                                              | TUESDAY                                               | WEDNESDAY                                      | THURSDAY                                              | FRIDAY                                             | SATURDAY                                                      | SUNDAY |
|----|-----------------------------------------------------|-------------------------------------------------------|------------------------------------------------|-------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------|--------|
| AM | 5:15 – 6:00 AM<br>Rise & Grind<br>(Josh)            | 5:15 – 5:45 AM<br>Core Challenge<br>(Amy)             | 5:15 – 6:00 AM<br>HIIT<br>(Julie)              | 5:15 – 5:45 AM<br>Core Challenge<br>(Amy)             | 5:15 – 6:00 AM<br>Rise & Grind<br>(Chris)          |                                                               |        |
|    |                                                     | ★ 5:15 – 5:45 AM<br>BoxMaster<br>(Mike)               |                                                | ★ 5:15 – 5:45 AM<br>BoxMaster<br>(Mike)               | 5:15 – 6:00 AM<br>Gentle Yoga<br>(Amy)             |                                                               |        |
|    |                                                     | 6:00 – 6:30 AM<br>BoxMaster<br>(Mike)                 | 6:00 – 7:00 AM<br>Strength Train<br>(Julie)    | 6:00 – 6:30 AM<br>BoxMaster<br>(Mike)                 |                                                    |                                                               |        |
|    |                                                     | 6:15 – 7:00 AM<br>Yin Yoga<br>(Amy)                   |                                                | 6:15 – 7:00 AM<br>Yin Yoga<br>(Amy)                   | 6:15 – 7:00 AM<br>Yoga Flow<br>(Amy)               |                                                               |        |
|    |                                                     | 8:30– 9:30 AM<br>HYROX PLUS<br>(Dawn)                 |                                                | 8:30– 9:30 AM<br>HYROX PLUS<br>(Dawn)                 |                                                    | 8:15 – 8:55 AM<br>Step<br>(Rotation )                         |        |
|    | 8:30 – 9:30 AM<br>Strength Train<br>(Amy)           | ★ 8:30 – 9:30 AM<br>Functional Strength<br>(Chandler) | 8:30 – 9:30 AM<br>Strength Train<br>(Amy)      | ★ 8:30 – 9:30 AM<br>Functional Strength<br>(Chandler) | 8:30 – 9:30 AM<br>Strength Train<br>(Alexa)        |                                                               |        |
|    | 8:30 – 9:30 AM<br>Cardio, Core & More<br>(Brittany) | 8:30 – 9:30 AM<br>Barre<br>(Christine)                | 8:30 – 9:30 AM<br>Sculpt<br>(Jen)              | 8:30 – 9:30 AM<br>Barre<br>(Christine)                | 8:30 – 9:30 AM<br>Pilates<br>(Taffie)              | 8:30 – 9:15 AM<br>Boxing/Sports<br>Conditioning<br>(Rotation) |        |
|    |                                                     | 8:30 – 9:30 AM<br>Nia<br>(Alexa)                      |                                                |                                                       | 8:30 – 9:15 AM<br>BoxMaster<br>(Adam)              | 9:15–10:00 AM<br>Pilates Fusion<br>(Rotation)                 |        |
|    | 9:00– 9:45 AM<br>HYROX<br>(Dawn)                    |                                                       | 9:00– 9:45 AM<br>HYROX<br>(Dawn)               |                                                       | 9:00– 10:00 AM<br>HYROX<br>(Dawn)                  | 9:00 – 10:00 AM<br>Dance<br>(Heather)                         |        |
|    |                                                     | 9:45–10:30AM<br>Core–Barre Fusion<br>(Britanny)       |                                                | 9:45–10:30AM<br>Core–Barre Fusion<br>(Brittany)       |                                                    |                                                               |        |
|    | 9:45 – 10:30 AM<br>Functional Strength<br>(Jessie)  | 9:45 – 10:30 AM<br>Gentle Nia<br>(Alexa)              | 10:00– 10:45 AM<br>A.B.C<br>(Dawn)             | 9:45 – 10:30 AM<br>Chair Yoga<br>(Amy)                | 9:45 – 10:30 AM<br>Functional Strength<br>(Jessie) | 9:30– 10:30 AM<br>HYROX<br>(Rotation)                         |        |
|    | 10:00 – 10:45 AM<br>Forever Fit<br>(Taffie)         |                                                       | 10:00 – 10:45 AM<br>Forever Fit<br>(Taffie)    |                                                       | 10:00 – 10:45 AM<br>Forever Fit<br>(Taffie)        | 10:05 – 11:05 AM<br>Strength Train<br>(Rotation)              |        |
|    | 10:00 – 10:30 AM<br>BoxMaster<br>(Brittany)         |                                                       |                                                |                                                       |                                                    | 10:15 – 11:15 AM<br>Yoga<br>(Rotation)                        |        |
|    | 11:00 – 12:00 AM<br>Yoga<br>(Amy)                   | 10:45 – 11:45 AM<br>Yoga<br>(Alexa)                   | 11:00 – 12:00 AM<br>Stretch Flow Yoga<br>(Kay) | 11:00–12:00 PM<br>Yoga<br>(Amy)                       | 11:00 – 12:00 AM<br>Restorative Yoga<br>(Kay)      |                                                               |        |
|    | 11:00 – 12:00 PM<br>Line Dancing<br>(Linda)         |                                                       | 11:00 – 12:00 PM<br>Line Dancing<br>(Linda)    |                                                       | 11:00 – 12:00 PM<br>Line Dancing<br>(Linda)        |                                                               |        |
|    | 12:15–12:45 PM<br>Core Challenge<br>(Becca)         | 12:15– 12:45 PM<br>HYROX<br>(Shaka)                   | 12:15 – 12:45 PM<br>BoxMaster<br>(Shaka)       | 12:15– 12:45 PM<br>HYROX<br>(Shaka)                   | 12:15–12:45 PM<br>Core Challenge<br>(Becca)        |                                                               |        |

★ Denotes a new class, instructor, or time!

|    | MONDAY                                                  | TUESDAY                                      | WEDNESDAY                                     | THURSDAY                                   | FRIDAY                                | SATURDAY             | SUNDAY                                         |
|----|---------------------------------------------------------|----------------------------------------------|-----------------------------------------------|--------------------------------------------|---------------------------------------|----------------------|------------------------------------------------|
| PM | 4:30 – 5:30 PM<br>Strength Train<br>(Heather)           | 4:30-5:15 PM<br>HYROX<br>(Chandler)          | 4:30 – 5:30 PM<br>Strength Train<br>(Heather) | 4:30-5:15 PM<br>HYROX<br>(Chandler)        |                                       |                      | 1:30- 2:15 PM<br>Weekend Warrior<br>(Rotation) |
|    |                                                         | 5:00 – 5:45 PM<br>Barre<br>(Jenny)           |                                               |                                            |                                       |                      | 2:30 – 3:00 PM<br>Boxmaster<br>(Rotation)      |
|    | 6:00-6:45 PM<br>Beginner Step<br>(Becca)                | 5:45 – 6:45 PM<br>HIIT Bootcamp<br>(Rebecca) | 5:45 – 6:45 PM<br>HIIT<br>(Sydney)            | 5:45 – 6:45 PM<br>Power Dance<br>(Heather) |                                       |                      | 3:00 – 4:00 PM<br>Yoga<br>(Chelia)             |
|    | 5:45 – 6:30 PM<br>BoxMaster<br>(Chandler)               | 5:45 – 6:15 PM<br>BoxMaster<br>(Shaka)       | 5:45 – 6:30 PM<br>BoxMaster<br>(Chandler)     | 5:45 – 6:15 PM<br>BoxMaster<br>(Shaka)     | ★ 5:45-6:30 PM<br>HYROX<br>(Chandler) |                      |                                                |
|    | 5:45-6:15 PM<br>Core Challenge<br>(Sydney)              |                                              |                                               |                                            |                                       |                      |                                                |
|    | 6:00 – 7:00 PM<br>Warm Power<br>Vinyasa Flow<br>(Julie) | 6:00 – 7:00 PM<br>Yoga<br>(Brandi)           | 6:45 – 7:30 PM<br>Yin Yoga<br>(Amy)           | 6:00 – 7:00 PM<br>Yoga<br>(Brandi)         | 6:00 – 7:00 PM<br>Yoga<br>(Kay)       |                      |                                                |
|    |                                                         | 6:30-7:00 PM<br>HYROX<br>(Adam)              |                                               | 6:30-7:00 PM<br>HYROX<br>(Shaka)           |                                       | Main Exercise Studio |                                                |
|    |                                                         |                                              |                                               |                                            |                                       | Multi-Functional     |                                                |
|    |                                                         |                                              |                                               |                                            |                                       | Mind & Body Studio   |                                                |
|    |                                                         |                                              |                                               |                                            |                                       | Glutes & Abs Lab     |                                                |
|    |                                                         |                                              |                                               |                                            |                                       | HIIT AREA            |                                                |

| Age Guidelines                                                                                                                                                                       |  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| Ages 14+ may participate in all Group Exercise classes without a parent or supervising guardian.                                                                                     |  |
| Ages 12-13 may participate in Group Exercise classes without a parent or supervising guardian except classes with weights or cycle classes.                                          |  |
| Ages 8-11 may participate in Group Exercise classes with a parent or supervising guardian except classes with weights or cycle classes.                                              |  |
| Class Descriptions                                                                                                                                                                   |  |
| Arms/Booty/Core (A.B.C.): Low impact, high intensity toning using body weight and weighted exercises. Focus will be on core and arms and will include various forms of exercise.     |  |
| Barre: Includes components of Pilates, Yoga and Ballet. You'll work your core & tone the entire body from head to toe! (No dance experience required.)                               |  |
| BoxMaster: Boxing style conditioning that caters to all types of fitness levels. Participants will hit every aspect of conditioning while training in an interval format.            |  |
| Cardio, Core & More: Fun, high-energy class focusing on full body workout using various equipment and formats. (low impact, great starter class)                                     |  |
| Core Challenge- Core and Glute circuit interval training in the Glutes & Abs Lab. Low impact, but effective core toning.                                                             |  |
| Forever Fit: Perfect for older adults This class includes work for all major and minor muscle groups addressing strength, flexibility, muscular endurance, balance and coordination. |  |
| Functional Strength: Fitness for all levels, a combo of mobility and strength training to strengthen for life's every day demands.                                                   |  |
| HIIT (High-Intensity Interval Training) workout consists of short bursts of intense exercise followed by brief periods of rest or low-intensity recovery                             |  |
| HYROX: functional fitness format for every BODY! It incorporates Functional strength training, High Intensity Interval training and Classic endurance.                               |  |
| HYROX PLUS: functional fitness format for every BODY! It incorporates Functional strength training, with cardio endurance PLUS targeted toning.                                      |  |
| Line Dancing: learn a variety of line dances and western struts in this class. It's a fun and very social way to exercise. No partner needed.                                        |  |
| NIA: Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind.                                                                                |  |
| Pilates: A great class consisting of low-impact flexibility and muscular strength and endurance movements to strengthen the core. (low impact, great starter class)                  |  |
| Power Dance: Features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.                    |  |
| Rise & Grind: Get up early and get it! Sports based training incorporating interval training, full-body strength and cardio blasts to get you going early in the day!                |  |
| Sculpt: 60-minute strengthening program hitting all major muscle groups in one class with various types of equipment. (great starter class, low impact)                              |  |
| Sports Conditioning/Weekend Warrior: A combination of aerobic conditioning, strength training, and sports performance enhancement utilizing battle ropes, body weight and more.      |  |
| Step: An aerobic fitness class which is designed to provide people with cardio and strength training utilizing a platform.                                                           |  |
| Strength Train: This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment.                                                     |  |
| Warm Power Vinyasa Flow:Not for beginners. Powerful yoga using breath in motion to build strength, flexibility, balance and focus. Full body workout. Be prepared to sweat!          |  |
| Yoga: Bring awareness of your body, breath and movement. Improve strength, flexibility, circulation and well-being while reducing stress.                                            |  |
| Chair Yoga: A gentle form of yoga done while sitting or standing with the support of the chair. Chair yoga poses are especially good for seniors and those who sit for long periods. |  |
| Yoga Flow: Energetic class matching movement to breath with lots of movement!                                                                                                        |  |
| Yoga 101/Gentle Yoga: This is a basic yoga class and includes; breathwork, warmup poses, standing poses, balance work, stretching, and relaxation.                                   |  |