Group Exercise November 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	5:15 - 6:00 AM Rise & Grind (Josh)	5:15 - 5:45 AM Core Challenge (Amy)	5:15 - 6:00 AM HIIT (Julie)	5:15 - 5:45 AM Core Challenge (Amy)	5:15 - 6:00 AM Rise & Grind (Chris)		
		★ 5:15 - 5:45 AM BoxMaster (Danny)		★ 5:15 - 5:45 AM BoxMaster (Danny)	5:15 - 6:00 AM Gentle Yoga (Amy)		
		6:00 - 6:30 AM BoxMaster (Mike)	6:00 - 7:00 AM Strength Train (Julie)	6:00 - 6:30 AM BoxMaster (Mike)			
		6:15 - 7:00 AM Yin Yoga (Amy)		6:15 - 7:00 AM Yin Yoga (Amy)	6:15 - 7:00 AM Yoga Flow (Amy)		
		8:30- 9:30 AM HYROX PLUS (Dawn)		8:30- 9:30 AM HYROX PLUS (Dawn)		8:15 - 8:55 AM Step (Rotation)	
	8:30 - 9:30 AM Strength Train (Amy)	★ 8:30 - 9:30 AM Functional Strength (Chandler)	8:30 - 9:30 AM Strength Train (Amy)	★ 8:30 - 9:30 AM Functional Strength (Chandler)	8:30 - 9:30 AM Strength Train (Alexa)		★ Denotes a new class, instructor, or time!
	8:30 - 9:30 AM Cardio, Core & More (Brittany)	8:30 - 9:30 AM Barre (Christine)	8:30 - 9:30 AM Sculpt (Jen)	8:30 - 9:30 AM Barre (Christine)	8:30 - 9:30 AM Pilates (Taffie)	8:30 - 9:15 AM Boxing/Sports Conditioning (Rotation)	
		8:30 - 9:30 AM Nia (Alexa)			8:30 - 9:15 AM BoxMaster (Adam)	9:15-10:00 AM Pilates Fusion (Rotation)	
	900- 9:45 AM HYROX (Dawn)		900- 9:45 AM HYROX (Dawn)		900- 10:00 AM HYROX (Dawn)	9:00 - 10:00 AM Dance (Heather)	
		9:45-10:30AM Core-Barre Fusion (Britanny)		9:45-10:30AM Core-Barre Fusion (Brittany)			
	9:45 - 10:30 AM Functional Strength (Jessie)	9:45 - 10:30 AM Gentle Nia (Alexa)	10:00- 10:45 AM A.B.C (Dawn)	9:45 - 10:30 AM Chair Yoga (Amy)	9:45 - 10:30 AM Functional Strength (Jessie)	9:30- 10:30 AM HYROX (Rotation)	
	10:00 - 10:45 AM Forever Fit (Taffie)		10:00 - 10:45 AM Forever Fit (Taffie)		10:00 - 10:45 AM Forever Fit (Taffie)	10:05 - 11:05 AM Strength Train (Rotation)	
	10:00 - 10:30 AM BoxMaster (Brittany)					10:15 - 11:15 AM Yoga (Rotation)	
	11:00 - 12:00 AM Yoga (Amy)	10:45 - 11:45 AM Yoga (Alexa)	11:00 - 12:00 AM Stretch Flow Yoga (Kay)	11:00-12:00 PM Yoga (Amy)	11:00 - 12:00 AM Restorative Yoga (Kay)		
	11:00 - 12:00 PM Line Dancing (Linda)		11:00 - 12:00 PM Line Dancing (Linda)		11:00 - 12:00 PM Line Dancing (Linda)		
	12:15-12:45 PM Core Challenge (Becca)	12:15- 12:45 PM HYROX (Shaka)	12:15 - 12:45 PM BoxMaster (Shaka)	12:15- 12:45 PM HYROX (Shaka)	12:15-12:45 PM Core Challenge (Becca)		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PM	4:30 - 5:30 PM Strength Train (Heather)	4:30-5:15 PM HYROX (Chandler)	4:30 - 5:30 PM Strength Train (Heather)	4:30-5:15 PM HYROX (Chandler)			1:30- 2:15 PM Weekend Warrior (Rotation)
		5:00 - 5:45 PM Barre (Jenny)					2:30 - 3:00 PM Boxmaster (Rotation)
	6:00-6:45 PM Beginner Step (Becca)	5:45 - 6:45 PM HIIT Bootcamp (Rebecca)	5:45 - 6:45 PM HIIT (Mike/Alex)	5:45 - 6:45 PM Power Dance (Heather)			3:00 - 4:00 PM Yoga (Chelia)
	5:45 - 6:30 PM BoxMaster (Chandler)	5:45 - 6:15 PM BoxMaster (Shaka)	5:45 - 6:30 PM BoxMaster (Chandler)	5:45 - 6:15 PM BoxMaster (Shaka)	5:45-6:30 PM HYROX (Chandler)		
	6:00 - 7:00 PM Warm Power Vinyasa Flow (Julie)	6:00 - 7:00 PM Yoga (Brandi)	6:45 - 7:30 PM Yin Yoga (Amy)	6:00 - 7:00 PM Yoga (Brandi)	6:00 - 7:00 PM Yoga (Kay)		
		6:30-7:00 PM HYROX (Adam)		6:30-7:00 PM HYROX (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 particicpate in Group Exercise classes without a parent or supervising guardian except classes with weights or cycle classes.

Ages 8-11 may particicpate 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 ttaining 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.