

DAILY FITNESS CLASSES

May - August



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING		Life Fitness (8:00-9:00)	(SIC) Strength Infused Cardio (7:45-8:45)	Women's Strength and Balance (10:00-11:00)	Stretch and Release (8:00-9:00)
	Cross Training for Everyone (9:00-10:00)	Chair Yoga (10:00-11:00)	Gentle Yoga (9:00-10:00)	Men's Strength and Balance (11:30-12:30)	Zumba (9:15-10:15) <i>*this class will resume the week of July 7</i>
		Women's Strength and Balance (10:00-11:00)		Shake and Burn (10:00-11:00) <i>*this class will resume the week of July 7</i>	Full Body Blast (9:00-10:00)
		Men's Strength and Balance (11:30-12:30)			
			Meditation Hour (4:00-5:00)	POP! Pilates (5:30-6:30)	
EVENING	Power Hour (5:30-6:30)	Pilates/Yoga Blend (5:30-6:30)	Shake and Burn (5:30-6:30) <i>*this class will resume the week of July 7</i>	Gentle/Moderate Yoga (5:30-6:30)	

Scan here to learn
more about our
weekly classes



SATURDAY	SUNDAY
Weekend Warrior (9:00-10:00)	Pilates (9:00-10:00)
	Cardio Kickboxing (10:00-11:00)

Classes are subject to change. Please call the front desk or join our fitness email list for updates.

ZUMBA

Fridays 9:15-10:15 am

This is a high-energy class that uses Latin and international music to create a dynamic, exciting, and effective fitness program. Zumba routines feature a combo of fast and slow rhythms that make you feel joyful and alive.

CROSS TRAINING FOR EVERYONE

Mondays 9:00-10:00 am

This is a purposefully inclusive class designed to meet you where you are. A mix of weighted, and body weight movements along with agility and balance, with pacing to improve cardio and heart health.

POWER HOUR

Mondays 5:30-6:30 pm

If we are talking about POWER, then we must be talking about Kathy Roy. This total-body, high energy workout focuses on endurance, agility, and strength. Each class ends with a relaxing stretch that will leave you feeling great.

LIFE FITNESS

Tuesdays 8:00-9:00 am

Exercise should help you feel better and move easier. This class is designed to increase your body awareness and workout in an intelligent way that keeps you happy and healthy for life.

STRENGTH AND BALANCE

Tuesdays & Thursdays

No matter what your age, movement can help keep you healthy and protect you from injury. The aim of this class is to build muscular strength, coordination, and balance at a slow and safe pace. *All genders welcome*

CHAIR YOGA

Tuesdays 10:00-11:00 am

Get all the benefits of traditional yoga with the safety and support of a chair. Come see how dynamic, engaging, and relaxing yoga can be when you have six legs.

PILATES

Sundays- 9:00-10:00 am

Improve your posture, develop balance, and build core strength. Pilates is a great way to improve any movement you do, whether it is for fitness or function.

CARDIO KICKBOXING

Sunday- 10:00-11:00 am

A high-energy cardio workout that will keep you strong and flexible. Punching mitts, shadow boxing and other dynamic movements can break your fitness routine out of the box. This class is suitable for all fitness levels.

GENTLE YOGA

Wednesdays 9:00-10:00 am

This class is based on a Kripalu style of yoga. Kripalu is a type of Hatha yoga that begins with breathing exercises (pranayama) and stretches followed by an exploration of postures (asana) and ending with a final relaxation.

STRENGTH INFUSED CARDIO (SIC)

Wednesdays 7:45-8:45 am

Build strength, stamina, and endurance in this high-intensity, full body workout that uses weights to get you in your cardio zone. This class is appropriate for all levels of fitness.

PILATES/YOGA BLEND

Tuesdays 5:30-6:30 pm

Explore the benefits of Pilates and Yoga in this combo class to strengthen core muscles and joint stability, develop breath & body connection, and increase flexibility & balance. All fitness levels are welcome.

SHAKE AND BURN

Wednesdays 5:30-6:30 pm & Thursdays 10:00-11:00 am

If you want to get in shape, have fun, and feel great, this class is for you. This high-energy class uses a variety of modalities such as dumbbells, maracas, chairs, and world music to get you toned and keep you laughing!

POP! PILATES

Thursdays 5:30-6:30 pm

Pop!Pilates is a fusion of ab-chiseling and total body defining moves choreographed to the beat of music. This mat-based workout challenges students to flow from one exercise to the next.

FLOW YOGA

Thursdays 5:30-6:30 pm

This comprehensive, moderate-level class builds core strength, flexibility, and balance while providing a nervous system reset through slow, intentional movements and held postures.

FULL BODY BLAST

Fridays 9:00-10:00 am

Start your Friday off right with a cardio class that will work you from head to toe. Mix up free weights, dynamic bodyweight movements, and cardio for a total fitness experience.

WEEKEND WARRIOR

Saturdays 9:00-10:00 am

Kick start your weekend with a mix of strength, cardio, and balance exercises! Build your strength, endurance, and stability while getting the energy you need to enhance your weekend!

STRETCH AND RELEASE

Fridays 8:00-9:00 am

This class will use therapy balls, foam rollers, resistance bands, straps, and other tools to help reduce pain and tension and improve general fitness and function. Please bring your own exercise mat.