


MONDAY

6:00 - 6:30 am
Rise & HIIT! (A)

8:15 - 8:45 am
CHAIR Cardio (A)

9:00 - 10:00 am
Cardio Barre w/ Ab Focus (A)
 No Class on 6/12/23 & 6/19/23

10:00 - 10:45 am
CHAIR Yoga (B)

10:15 - 10:45 am
CHAIR Tai Chi (A)


10:45 - 11:45 am
Balance & Movement w/ Tai Chi (A)

11:00 - 11:45 am
Yoga Flow (B)


12:00 - 12:45 pm
TRX STRONG (B)

12:00 - 1:00 pm
Tai Chi for Fall Prevention (A)
CLOSED PROGRAM

4:15 - 5:00 pm
V - Holy HIIT (A)

4:45 - 5:30 pm
3-2-1 Total Body (B)
 No Class on 6/12/23


5:15 - 6:15 pm
Stretch & Strength Yoga (A)


5:45 - 6:30p
Fit to Fight (B)
 No Class on 6/12/23

TUESDAY

6:30 - 7:00 am
Walk & Roll (Skytrack)

8:00 - 8:45 am
Beginner Strength Training (A)


9:00 - 10:00 am
Pilates (A)
 No Class on 6/13/23 & 6/20/23

10:00 - 10:30 am
Quick Stretch (B)
 No Class on 6/13/23 & 6/20/23



10:00 - 10:45 am
Rock and Ride (C) **NEW**



11:00 - 11:30 am
Upper Body Strength (B)

11:30 - 12:00 pm
Lower Body Strength (B)


11:30a - 12:30 pm
Yoga for Balance (A)
 No Class on 5/30


1:00 - 1:30 pm
CHAIR Cardio (A)

4:30 - 5:15 pm
Fun & Gainz (A) 
 No Class on 6/6/23

5:30 - 6:15 pm 
Cardio Kickboxing (A)
 No Class on 6/6/23

WEDNESDAY

5:30 - 6:15 am **NEW**
Rise & Grind (B)
 Class begins 6/7/23

6:00 - 6:45 am
Step into Shape (A)
 No Class on 6/14/23

8:15 - 8:45 am
CHAIR Strength & Tone (A)

8:45 - 9:00 am
CHAIR Stretch (A)

9:00 - 10:00 am
Cycle & Suspend w/ Robin (C)

10:15 - 10:45 am
Roll & Recharge (A) **NEW**

12:00 - 12:30 pm
Beginner Cycling (C)

12:30 - 1:15 pm
TRX STRONG (B)

2:30 - 3:15 pm
CHAIR Yoga (A)

5:15 - 6:15 pm
Stretch & Strength Yoga (A)

6:30 - 7:30 pm
V - Step Cardio (A)


THURSDAY


6:30 - 7:15 am
HIIT Spin (C)


7:00 - 7:30 am
V - Cardio Crunch (A) **NEW**

7:30 - 8:00 am
Walk & Roll (Skytrack)

9:00 - 9:45 am
Revolution 30 Cycling (C)

9:00 - 10:00 am
Pilates (A)
 No Class on 6/15/23

10:00 - 10:30 am
Quick Stretch (B)
 No Class on 6/15/23

11:00a - 11:45 am
Yoga w/ Props (B)
 No Class on 6/8/23

11:15 - 11:45 am
CHAIR Tai Chi (A)

12:00 - 1:00 pm
Tai Chi for Fall Prevention (A)
CLOSED PROGRAM

1:15 - 2:15 pm
Balance & Movement w/ Tai Chi (B)


1:30 - 2:00 pm
CHAIR Strength & Tone (A)

4:00 - 4:45 pm
Rise & Grind (A) **NEW**

5:00 - 5:45 pm
3-2-1 Total Body (A)
 No Class on 6/8/23


5:15 - 6:15 pm
Stretch & Strength Yoga (B)
 No Class on 6/8/23


5:30 - 7:30 pm
Women's Self Defense, Part I (A)
\$ - Program Add-On, 5/8/23 ONLY

6:00 - 6:45 pm
Fit to Fight (A)
 No Class on 6/8/23


FRIDAY


6:30 - 7:30 am
V - Cardio Xpress & Body Sculpt (A)

7:00 - 7:45 am
Cardio Kickboxing (B)
 Class begins 6/9/23

9:00 - 10:00 am
Step into Shape (A)
 No Class on 6/15/23

10:15 - 10:45 am
Roll & Recharge (A) **NEW**

11:00 - 11:30 am 
CHAIR Strength & Tone (A)

11:30 - 11:45 am 
CHAIR Stretch (A)

12:00 - 12:45 pm
TRX STRONG (B)

12:00 - 12:30 pm
Upper Body Strength (A)

12:30 - 1:00 pm
Lower Body Strength (A)

SATURDAY

6/3/2023
7:30 - 8:30 am
Step Cardio Bootcamp (A)

6/10/23
7:30 - 8:30 am
V - Turbo TABATA (A)

9:00 - 9:30 am
Upper Body Strength (B)

9:30 - 10:00 am
Lower Body Strength (B)

9:00 - 11:00 am
Women's Self-Defense, Part 2 (A)
\$ - Program Add-On

10:30 - 11:15 am
Fit to Fight (B)

6/17/23
8:00 - 9:00 am
V - Cardio Xpress & Body Sculpt (A)

6/24/23
7:30 - 8:15 am
Rise & Grind (B)

8:00 - 9:00 am
V - Cardio Kick Bootcamp (A)

9:00 - 9:30 am
Upper Body Strength

9:30 - 10:00 am
Lower Body Strength

10:30 - 11:15 am
Fit to Fight

SUNDAY

WEEKLY

11:00 - 11:30 am
CHAIR Tai Chi (A)

11:30 am - 1:00 pm
Tai Chi w/ Meditation (A)

6/25/23

9:00 - 9:45 am
3-2-1 Total Body (A)

10:00 - 10:45 am
Cycle Circuit (C)