



# FITNESS SCHEDULE

EFFECTIVE OCTOBER 1, 2026

| Program Studio A                                  |                                                               | Multipurpose Room                                     |                                                                    | Pool                                            |                                        | Program Studio B                        |  |
|---------------------------------------------------|---------------------------------------------------------------|-------------------------------------------------------|--------------------------------------------------------------------|-------------------------------------------------|----------------------------------------|-----------------------------------------|--|
| Monday                                            | Tuesday                                                       | Wednesday                                             | Thursday                                                           | Friday                                          | Saturday                               | Sunday                                  |  |
| 5:30am – 6:05am<br>H.I.I.T<br>Tracy W. / Jamie    | 5:45am – 6:30am<br>Spinning / Cheryl                          | 5:30am – 6:05am<br>Total Body Strength /<br>Jamie     |                                                                    | 6:00am – 6:45am<br>Spinning / Tracy R.          |                                        |                                         |  |
| 6:15am – 7:15am<br>Body Basics / Barb             | 6:30am – 7:05am<br>Outdoor H.I.I.T /<br>Amanda                | 6:15am – 7:15am<br>Body Basics / Barb                 | 6:30am – 7:05am<br>H.I.I.T / Amanda                                | 6:15am – 7:15am<br>Body Basics /<br>Barb        |                                        |                                         |  |
| 8:00am – 8:45am<br>Total Body Strength<br>Brandy  | 8:00am – 8:45am<br>Fit For Life / Renee                       | 8:00am – 8:45am<br>Total Body Strength /<br>Brandy    | 8:00am – 8:45am<br>Fit For Life / Misti                            | 8:00am – 8:45am<br>Total Body Strength<br>Kelly |                                        | 8:30am -9:30am<br>Sunday Yoga<br>Amanda |  |
| 9:15am – 10:15am<br>Waterworks / Misti            | 8:00am – 8:45am<br>Step & Sculpt /<br>Heather                 | 9:15am – 10:5am<br>Waterworks / Kris                  | 8:00am – 8:45am<br>Step & Sculpt /<br>Meredith                     | *NEW*<br>9am – 9:45am<br>Mobility /<br>Heather  |                                        |                                         |  |
| 9:15am – 10:00am<br>Pilates Fusion /<br>Amanda    | 9:00am – 10:00am<br>Warrior Series Yoga<br>/ Hilda            | 9:15am – 10:00am<br>Barre Pilates Fusion /<br>Amanda  | 9:00am – 10:00am<br>Warrior Series Yoga<br>/ Hilda                 | 9:15am – 10:15am<br>Waterworks /<br>Renee       | 8am – 8:45am<br>Instructor’s<br>Choice |                                         |  |
| 9:15am – 10:00am<br>Spinning / Kelly              | 9:15am – 10:00am<br>HIIT / Tracy W.                           | 9:15am – 10:00am<br>Spinning<br>Brandy/Renee          | 9:15am – 10:00am<br>HIIT / Brandy                                  | 9:15am – 10am<br>Barre Fusion /<br>Amanda       | 9:15am-10am<br>Instructors<br>Choice   |                                         |  |
| 10:30am – 11:30am<br>Forever Fit / Kate           | 10:30am – 11:30am<br>Stable & Strong<br>Chair Yoga /<br>Hilda | 10:30am – 11:30am<br>Forever Fit / Renee              | 10:30am – 11:30am<br>Stable & Strong<br>Chair Yoga /<br>Hilda      | 10:30am – 11:30am<br>Forever Fit /<br>Robin     |                                        |                                         |  |
| 11:45am – 12:45pm<br>Vinyasa Yoga<br>Sara         |                                                               | 11:45am – 12:45pm<br>Vinyasa Yoga<br>Amanda           |                                                                    |                                                 |                                        |                                         |  |
| 11:45am – 12:45pm<br>Forever Fit / Kate           | 12:15pm – 1:00pm<br>Total Body Strength<br>Kelly              | 11:45am – 12:45pm<br>Forever Fit / Kate               | 12:15pm – 1:00pm<br>Total Body Strength<br>Brandy                  |                                                 |                                        |                                         |  |
| 4:00pm – 4:45pm<br>Water Pilates / Robin          | 5:30pm – 6:15pm<br>Barre / Kate                               | 4:00pm-4:45pm<br>Water Pilates / Robin                | 5:30pm – 6:15pm<br>Total Body<br>Strength/ Tracy W                 |                                                 |                                        |                                         |  |
| 5:30pm – 6:15pm<br>Total Body Fusion /<br>Camille | 5:30pm – 6:15pm<br>Spinning / Jamie                           | 5:30pm – 6:15pm<br>Zumba/<br>Camille                  | 5:30pm – 6:15pm<br>Spinning<br>Brandy                              |                                                 |                                        |                                         |  |
|                                                   | 6:30pm – 7:05pm<br>HIIT / Jamie                               |                                                       | 6:30pm – 7:15pm<br>Hip Hop Dance<br>Fitness / Camille or<br>Claire |                                                 |                                        |                                         |  |
| 6:30pm – 7:30pm<br>Vinyasa Yoga/Heather           | 6:30pm-7:30pm<br>Hatha Yoga / Nina                            | 6:30pm – 7:30pm<br>Surge Strength/<br>Jamie or Claire |                                                                    |                                                 |                                        |                                         |  |
|                                                   | 7:15pm – 8:15pm<br>Waterworks / Kris                          |                                                       | 7:15pm – 8:15pm<br>Waterworks / Kris                               |                                                 |                                        |                                         |  |

\*Tuesday 6:30am HIIT will go outside if it is above 50 degrees.

**Body Basics:** Jog, walk outdoors, or use the cardio room for your cardiovascular conditioning. Afterwards, meet up in the Group Exercise Studio for muscle strengthening and stretching.

**Barre Fusion:** Bands, light weights, and small balls are added to traditional exercises on the Barre.

**Barre Pilates Fusion:** Your favorite core, stability and strengthening exercises combined with traditional exercise from barre and Pilates in this fusion style class.

**Fitness for Life:** This is a lower intensity total body conditioning class that aims to improve joint mobility, strength, balance and coordination. Activities include low-impact movement, range of motion exercises, light strength work, and balance training.

**Forever Fit:** This class is meant to keep you forever fit, all of the exercises can be done from a chair, but are not limited to a chair. Joint mobility, strength, balance, and coordination are the focus points.

**Gentle OTX:** Gentle Outdoor Cross-Training. This will be a mix of resistance bands and walking for any ability.

**H.I.I.T.:** Challenge yourself with these athletic based cardio/strength circuit high intensity interval training workouts. Classes will feature a variety of H.I.I.T techniques including timed interval variations, tabata, and individual versus rotating stations.

**Hip Hop Dance Fitness:** An addictive dance cardio class set to hip hop and pop music that you know and love.

**Mobility:** Improve flexibility, balance, and range of motion through gentle, controlled movements and stretching. Perfect for all fitness levels and designed to help you move better and feel your best.

**Pilates Fusion:** This is an intense variety of core, stability, strengthening and lengthening using a variety of equipment inspired by mat Pilates.

**Stable and Strong Chair Yoga:** Working from the ground up, we focus on alignment, balance, flexibility, core strength, and breathing. This class is open to all fitness and levels and the beginner is welcomed. A chair is used for much of the class both as a prop for balance and for seated work.

**Spinning®:** Settle in for an intense ride on our Spinner bikes! Our team of certified instructors will guide you through a ride that you can customize to your fitness level. Be ready for a great low impact cardio workout!

**Spin® & Sculpt:** The challenge of a spinning class with the benefits of sculpting! Intervals of sculpting exercises, incorporating tubing or body weight will be integrated into a great cycling ride!

**Step & Sculpt:** The aerobics of Step mixed with strength training. A variety of strength equipment will be used.

**Surge Strength:** High rep, muscle focused all weight training workout.

**Therapeutic Movement:** This class is slow and gentle. The work is done entirely on the mat and is accomplished close to the floor with no ups and downs. The work is deep, breath centered, and therapeutic in nature.

**Total Body Fusion:** A combination of high/low aerobics, body conditioning, and abdominal work make this class the total package.

**Total Body Strength:** Work all major muscle groups and enhance flexibility using barbells, stability balls, free weights, medicine balls, resistance bands and more to keep you engaged and challenged.

**Warrior Series Yoga (previously Gentle Yoga):** This 60-minute class is suitable for all levels and backgrounds. Practice includes relaxation, stretching, expansive breathing techniques, and warrior series. This class is slow and gentle, but has the potential to be challenging.

**Waterworks:** Work all major muscle groups and enhance flexibility while in the pool! A variety of body weight exercises, as well as pool dumbbells and noodles will be used.

**Water Pilates:** Pilates taught in the Pool! This low-impact class will use water resistance to build core strength, balance, and flexibility.

**Yoga:** A flowing, dynamic sequence of poses to lengthen the body, open the hips, and relax the mind.

**Zumba:** A dance fitness class that combines Latin and international rhythms with easy-to-follow choreography. It is a fun and energetic way to get a full body work.