



# FITNESS CLASS SCHEDULE

## JUNE 2026

**JUNETEENTH HOURS: 7:00 AM - 3:30**

	Mon	Tue	Wed	Thu	FRI
5:30 AM	CORE/ TRX	FULL	LOWER	UPPER	CORE/ TRX
9:00 AM	CORE/ TRX	FULL	LOWER	UPPER	CORE/ TRX
11:30 AM				YOGA 11 <sup>th</sup> & 25 <sup>th</sup> ONLY	
12:00 PM		FULL		UPPER	
4:00 PM	CHAIR STRETCH				CHAIR STRETCH
4:15 PM			BODY BLAST		

### 30 MIN CLASSES

**CORE/TRX:** light weight/ high reps to burn fat and build muscle.

**FULL:** Fast paces that targets every major muscle group.

**LOWER:** Body workout of light weight/high reps to burn fat and build muscle.

**SPIN:** Cardio workout to build endurance, strengthen legs and burn calories.

**UPPER:** Body workout class exercises the pecs,biceps, triceps, lats, and shoulders.

**BODY BLAST:** Fun, high energy, group exercise- concentrates on cardiovascular and strenght training

**CHAIR STRETCH:** gently yet powerful solution for flexibility, stress relief, and overall well being.

**YOGA:** Yin-inspired yoga, focusing on long-held poses that target the deep connective tissues.

### Hours

**Mon-Thu, 4:30 a.m.-7:30 p.m.**

**Fri, 4:30 a.m.-6:30 p.m.**

**Sat & Sun, 7 a.m.-1 p.m.**