



FITNESS CLASS SCHEDULE

MAY 2026

CLOSED MEMORIAL DAY: 5/25

	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 7 th & 21 st 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 strength 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.