



FITNESS CLASS SCHEDULE SEPTEMBER 2026

	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 3rd & 17 th ONLY	
12:00 PM		FULL		UPPER	
3:15 PM					BODY BLAST
4:00 PM	BODY BLAST		BODY BLAST		

LABOR DAY HOURS: 7:00 AM - 3:00 PM

Hours

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.

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

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

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.