



# FITNESS SCHEDULE MAY 2025



## MONDAY

**STRENGTH & CONDITIONING =**  
(Fitness studio) w/ Enoch 9:30 – 10:20 AM

**GET FIT =**  
(Gymnasium) w/ Ivy 10:00 – 11:00 AM

**PILATES –**  
(Fitness studio) w/ Marissa 11:00 – 11:50 AM

**MIDDAY EXERCISE –**  
(Fitness studio) w/ Marissa 12:00 – 12:50 PM

**POWER HOUR BODY CHALLENGE =**  
(Fitness studio) w/ Tim 6:30 – 7:20 PM

**CLASSICAL YOGA =**  
(Community Room) w/ Amrita 7:00 – 7:50 PM

## TUESDAY

**TAI CHI –**  
(Fitness studio) w/ Roberto 8:30 – 9:20 AM

**HATHA YOGA =**  
(Fitness studio) w/ Rie 9:30 – 10:20 AM

**PILATES PLUS =**  
(Fitness studio)  
w/ Elizabeth 10:30 – 11:15 AM

**STRENGTH CLASS =**  
(Fitness studio) w/ Elizabeth 11:30 AM – 12:15 PM

**STRONG NATION BY ZUMBA  
"LUNCH CRUNCH" =**  
(Fitness studio) w/ Bethany 12:30 – 1:20 PM

**BREATHE STRONG =**  
(Fitness studio) w/ Tara 6:30 – 7:20 PM

**BALLET –**  
(Fitness studio) w/ Shoshana 7:30 – 8:20 PM

## WEDNESDAY

**TAI CHI –**  
(Fitness studio) with Roberto 8:30 – 9:15 AM

**PILATES FUSION =**  
(Fitness studio) w/ Chintamani 9:30 – 10:20 AM

**AEROBICS W/ STRENGTH TRAINING =**  
(Gymnasium) w/ Ivy 10:00 – 10:50 AM

**SIT 'N BE FIT –**  
(Fitness studio) w/ Sheila 11:00 – 11:45 AM

**JUGGLING –**  
(Fitness studio) w/ Alice 1:30 – 2:20 PM

**ZUMBA =**  
(Fitness studio) w/ Celeste 6:30 – 7:20 PM

**PUNK ROPE =**  
(Fitness studio)  
w/ Tim & Shana 7:30 – 8:20 PM

## THURSDAY

**SUNRISE YOGA =**  
(Fitness studio) w/ Rie 8:45 – 9:45 AM

**FUNCTIONAL YOGA –**  
(Fitness studio) w/ Amrita 10:00 – 11:00 AM

**ZUMBA GOLD =**  
(Fitness studio) w/ Carissa 12:00 – 12:50 PM

**VINYASA/YIN YOGA =**  
(Fitness studio) w/ Clare 6:30 – 7:20 PM

**HIIT STRENGTH =**  
(Fitness studio) w/ Tim 7:30 – 8:20 PM

## FRIDAY

**YOGA BASICS –**  
(Fitness studio) w/ Susan 9:30 – 10:30 AM

**FITNESS FRIDAY'S =**  
(Gymnasium) w/ Ivy 10:00 – 11:00 AM

**YOUR BODY, TAKE CHARGE! –**  
(Fitness studio) w/ Sheila 11:00 – 11:50 AM

**STRENGTH & ALIGNMENT =**  
(Fitness studio) w/ Sean 12:00 – 12:50 PM

## SATURDAY

**STRETCH, FLOW, & RESTORE YOGA =**  
(Fitness studio) w/ Susan 10:00 – 11:00 AM

**SHAKE YOUR SOUL –**  
(Fitness studio) w/ Ronni 11:00 – 12:00 PM

**ZUMBA =**  
(Fitness studio) w/ Sophia 12:15 – 1:05 PM

## SUNDAY

**SUNRISE STRETCH –**  
(Fitness studio) w/ Liz 9:00 – 10:00 AM

**BARRE =**  
(Fitness studio) w/ Corey 11:00 - 11:50 AM

**ZUMBA =**  
(Gymnasium) w/ Celeste 12:30 – 1:15 PM

	<b>GENTLE –</b>
	<b>INTERMEDIATE =</b>
	<b>HIGH INTENSITY =</b>

**Aerobics with Strength Training (Intermediate):** Enjoy a low-impact cardiovascular workout.

**Ballet (Gentle):** Move across the floor in choreographed sequences. No experience necessary.

**Barre (Intermediate):** Tone your body with a workout that combines ballet, Pilates, yoga, and strength training.

**Breathe Strong (High Intensity):** Challenge yourself with a high-intensity fitness class that incorporates breathwork.

**Classical Yoga (Intermediate):** Strengthen your body with yoga and breathing practices.

**Fitness Fridays (Intermediate):** Enjoy a full-body aerobics and strength-training workout.

**Functional Yoga (Gentle):** Relax with a gentle yoga class.

**Full Body HIIT (High Intensity):** Challenge yourself with a cardio-focused workout with periods of high intensity bursts of exercise.

**Get Fit (Intermediate):** Join us for low-impact aerobics, followed by strength training.

**Hatha Yoga (Intermediate):** Strengthen your body through yoga postures and movement.

**HIIT Strength (High-Intensity):** Enjoy a cardio HIIT workout, along with strength training exercises.

**Juggling (Gentle):** Come ready to juggle for the first time or enhance your juggling skills.

**Midday Exercise (Gentle):** Get your body moving and your blood pumping.

**Midday Moving Meditation (Gentle):** Restore with breathwork and gentle stretches.

**Pilates (Gentle):** Sculpt and tone your body with core and leg exercises.

**Pilates Fusion (Intermediate):** Enjoy some barre, some yoga, and a lot of Pilates!

**Pilates Plus (Intermediate):** Challenge yourself with Pilates and strength exercises.

**Power Hour Body Challenge (High Intensity):** Torch some serious calories in this high energy class.

**Punk Rope (Intermediate):** Join us for a mash-up of jump rope, bodyweight training, and fitness games.

**Shake Your Soul (Gentle):** Energize your body and awaken the soul through a dance routine to world music.

**Sit 'N Be Fit (Gentle):** Stretch and strengthen your body.

**Strength and Alignment (High-Intensity):** Build strength and burn calories with upper and lower body exercises.

**Strength & Conditioning (High Intensity):** Challenge yourself with bodyweight exercises, weightlifting, and a core-strengthening mat workout.

**Strength Class (Intermediate):** Get a full-body workout, combining upper-body strengthening exercises with lower-body exercises.

**Stretch, Flow, & Restore Yoga (Intermediate):** Stretch, flow, and restore with yoga poses.

**Strong Nation by Zumba "Lunch Crunch" (Intermediate):** Push yourself using only body weight and moves similar to a HIIT workout.

**Sunrise Stretch (Gentle):** Start your morning off with some mindful movements to help you relax.

**Sunrise Yoga (Intermediate):** Wake up your body with stretches and sun salutations.

**Tai Chi (Gentle):** Enjoy a workout that promotes balance, strength, and flexibility.

**Vinyasa Yoga (Intermediate):** Enjoy a yoga workout that matches breathing with movement.

**Yoga Basics (Gentle):** Relax with breathing practices and yoga postures.

**Your Body, Take Charge (Gentle):** Move your body! Enjoy exercises all derived from dance.

**Zumba (Intermediate):** Have fun, tone, and sculpt your body, while grooving to Latin rhythms.

**Zumba Gold (Intermediate):** Perfect for active older adults who are looking for a modified Zumba class.