

FITNESS SCHEDULE JULY 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

CLASSICAL YOGA =
(Fitness studio) w/ Amrita 5:30 – 6:15 PM

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

BARRE =
(Fitness studio) w/ Corey 5:30 – 6:15 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

KETTLEBELL WORKSHOP: FULL BODY BLAST =
(Fitness studio) w/ Bethany 5:15 – 6:15 PM

SATURDAY

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

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

GENTLE –
INTERMEDIATE =
HIGH INTENSITY =

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

Kettlebell (Intermediate): Learn foundational kettlebell techniques and get a great full-body workout

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