

FITNESS SCHEDULE DECEMBER 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

STRETCH + TONE =
(Fitness studio) w/ Marissa 12:00 – 12:50 PM

CLASSICAL YOGA =
(Fitness studio) w/ Chintamani 1:00 – 1:45 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
*Class cancelled: Dec. 30

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

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

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

GENTLE –
INTERMEDIATE =
HIGH INTENSITY =

WEDNESDAY

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

PILATES =
(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

***STRONG FOUNDATIONS** –
(Fitness studio) w/ Sean 12:00 – 12:50 PM

BALLET –
(Fitness studio) w/ Shoshana 6:30 – 7:20 PM

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

*DESIGNED FOR SENIORS

FRIDAY

HIIT =
(Fitness studio) w/ David 8:30 – 9:30 AM

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

***FITNESS FRIDAYS** =
(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 6:30 – 7:20 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

MOVE & GROOVE –
Fitness studio) w/ Liz 10:00 – 10:50 AM

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

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

Aerobics with Strength Training (Intermediate): Enjoy a low-impact cardiovascular workout. A chair-based workout designed for seniors.

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): A chair-based workout designed for seniors that involves strength-training and aerobics.

Functional Yoga (Gentle): Yoga movements that promote mobility, strength, and coordination.

Get Fit (Intermediate): A chair-based workout designed for seniors with low-impact aerobics.

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

HIIT (High Intensity): A cardio-focused workout with periods of high intensity bursts of exercise.

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.

Move & Groove (Gentle): A gentle workout that builds strength and ends with a simple, joyful dance.

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

Pilates (Intermediate): Stretch and tone your body with core and balance exercises. Modifications provided.

Pilates Plus (Intermediate): A workout with core exercises.

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

Punk Rope (Intermediate): A mash-up of jump rope, bodyweight training, and fitness games.

Sit 'N Be Fit (Gentle): A chair-based workout designed for seniors.

Strength Class (Intermediate): A full-body strength workout.

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

Strength & Conditioning (High Intensity): Challenge yourself with bodyweight exercises and weightlifting.

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

Stretch + Tone (Intermediate): Sculpt and strengthen your core, along with low impact exercises.

Strong Foundations (Gentle): A-chair based workout designed for seniors that incorporates light weights and core strengthening.

Strong Nation ("Lunch Crunch"): 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. A chair-based workout designed for seniors.

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

Tai Chi (Gentle): 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!: Move your body! A-chair based workout designed for seniors.

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