



## 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/ Amrita 1:00 – 1:45 PM  
\*Class ending after January 15

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

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

## 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  
\*As of January 22, Cat Tassini will be the instructor

**\*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

## 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

**GENTLE** –  
**INTERMEDIATE** =  
**HIGH INTENSITY** =

\*DESIGNED FOR SENIORS

**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.