FITNESS SCHEDULE NOVEMBER 2026

MONDAY

STRENGTH & ALIGNMENT ≡
(Fitness studio) w/ Sean 9:30 – 10:20 AM

***CHAIR FITNESS =**
(Gymnasium) w/ Marissa 10:00 – 10:45 AM

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

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

POWER HOUR BODY CHALLENGE ≡
(Fitness studio) w/ Tara 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/ Liz 10:00 – 10:50 AM

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

YOGA "LUNCH CRUNCH" =
(Fitness Studio) w/ Rie 12:15 - 1:15 PM

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/ Cat 10:00 – 11:00 AM

***CHAIR VITALITY: GENTLE STRENGTH & FLOW –**
(Fitness studio) with David 12:00 - 12:50 PM

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

FRIDAY

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

***FITNESS FRIDAYS =**
(Gymnasium) w/ Tara 10:00 – 11:00 AM

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

HIIT ≡
(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

ASHTANGA YOGA ≡
(Fitness Studio) w/ Ellen 11:10 AM – 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

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

BARRE/CROSS TRAINING
(Fitness studio) w/ Liz 11:00 – 11:45 AM

***CHAIR YOGA**
(Fitness studio) w/ Rie 12:15 – 1:15 PM

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

GENTLE –
INTERMEDIATE =
HIGH INTENSITY ≡

*DESIGNED FOR SENIORS

Scan Here to Register for **Belly Dancing Pop Up Class**, November 11 @ 5:30 PM

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

Ashtanga Yoga (High Intensity): A dynamic, structured system synchronizing breath with a set sequence of postures to build internal heat, strength, and flexibility.

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

Barre/Cross Training (Intermediate): Strengthen and tone your body with a blend of barre-inspired movements, Pilates exercises, and strength training.

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

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

ChairVitality: Gentle Strength & Flow (Gentle): A chair-based class that builds strength, flexibility, and balance with seated and standing movements, light weights, stretching, and core exercises.

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.

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

HIIT (High Intensity): A high intensity interval training class using free weights and bodyweight 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.

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.

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.

Shake Your Soul (Gentle): A transformative, somatic, and mindful dance practice that blends qigong, yoga, and fluid movement to unlock joy, freedom, and vitality in the body.

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

Strength and Alignment (High Intensity): A high-intensity strength and ligament workout, followed by a meditative cool-down featuring light breathwork and alignment exercises.

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

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

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