



GROUP EXERCISE SCHEDULE

STUDIO A				Starts November 1 st		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-6 am	Body Pump <i>Rotating</i> 5:15-6:00 am		Weights & Plates Yoga <i>Sara</i> 5:15-6:00 am		Yoga Flow <i>Sara</i> 5:15-6:00 am	
6-9am						
	ForeverWell (55+): AOA <i>Ben</i> 8:15-9:00 am		ForeverWell (55+): AOA <i>Ben</i> 8:15-9:00 am		ForeverWell (55+): AOA <i>Ben</i> 8:15-9:00 am	
	Body Pump <i>Markis</i> 9:15-10:00 am	Low-Impact Cardio <i>Shelly</i> 9:15-10:00 am	Low-Impact Cardio <i>Shelly</i> 9:15-10:00 am	Beginner Pilates <i>Anna</i> 9:15-10:00 am	Low-Impact Cardio <i>Shelly</i> 9:15-10:00 am	Zumba <i>Tamika</i> 8:30am – 9:30am No Class Nov 1st Nov. 29th
10-11am	ForeverWell (55+): Forever Active <i>Anna</i> 10:15-11:00 am	ForeverWell (55+): Forever Active <i>Karrie</i> 10:15-11:00 am	ForeverWell (55+): Forever Active <i>Jacob</i> 10:15-11:00 am	ForeverWell (55+): Forever Active <i>Karrie</i> 10:15-11:00 am		Yoga Flow <i>Sara</i> 9:45-10:30 am No Class Nov 29th
11-12pm		ForeverWell (55+): Chair Flow <i>Margie</i> 11:15-12:00 pm		ForeverWell (55+): Chair Flow <i>Margie</i> 11:15-12:00 pm		
12-2pm		RESERVED FOR <i>StrongBodies for the Hmong</i> 12:00-2:00pm	Parkinson’s Power <i>Pinnacle Performance</i> 12:00-12:50 pm	RESERVED FOR <i>StrongBodies for the Hmong</i> 12:00-2:00pm		
2-3pm		RESERVED FOR 1/4 2-3 pm				
3-5pm	RESERVED FOR 1/4 3-4 pm					
5-7:30pm	Yoga Flow <i>Terri</i> 5:30-6:30pm	Dryland Training <i>Jacob/Shelly</i> 5:00-6:00pm	Zumba <i>Tamika</i> 6:15-7:15pm	Butts & Guts <i>Anna</i> 5:30-6:15pm	Yoga Flow <i>Terri</i> 5:30-6:30pm	

Please note the specialty classes require you to reverse a spot (Indicated by *) and Classes that have additional fees/registration required (Indicated by color yellow).

STUDIOS ARE OPEN FOR MEMBER ACCESS (11-12 with an adult) WHEN CLASSES ARE NOT IN SESSION

**** SUBJECT TO BE CLOSED DUE TO STAFF USE ****



GROUP EXERCISE SCHEDULE

ForeverWell (55+): Active Older Adult

Similar to Forever Active, Active Older Adult is designed for those looking for a great workout and camaraderie. The class is joint friendly and appropriate for at all levels. The exercises in this class are designed to improve your strength, flexibility, balance and coordination.

Butts & Guts

Butts & Guts does just what it says, it targets your lower body and core for an effective workout! This class is taught with both high and low impact modifications, and does well to tighten and torch the butt, hips, thighs and core!

ForeverWell (55+): Chair Flow

Chair Flow is a great way to stretch and move the body without having to worry about balance or getting on your knees. Focusing on the breath, gentle stretches, and incorporating the chair will have you feeling relaxed and rejuvenated.

Low-Impact Cardio

Expect a full-body workout using various equipment that promote foundational, compound, and isolation exercises for toning and aerobic fitness.

ForeverWell (55+): Forever Active

Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

Weights & Plates Yoga/Yoga Flow

Yoga Flow is inspired by Vinyasa, which synchronizes movement with breath, flowing from one move to the next. This class will help you build strength, increase flexibility, and find focus through deep breathing.

Zumba

Step into the lively world of Zumba, where Latin rhythms and high-energy dance moves combine for a thrilling workout experience. Led by our dynamic instructor, each class blends easy-to-follow choreography with aerobic exercise, making it accessible and fun for everyone. Get ready to groove, sweat, and enjoy the infectious energy of Zumba.

STUDIOS ARE OPEN FOR MEMBER ACCESS (11-12 with an adult) WHEN CLASSES ARE NOT IN SESSION

**** SUBJECT TO BE CLOSED DUE TO STAFF USE ****



GROUP EXERCISE SCHEDULE

STUDIO B

Starts November 1st

***Cycling and TRX requires card pick up from the front desk, to reserve your spot**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-6am		*Cycling <i>Jen</i> 5:15-6:00 am		*Cycling <i>Jen</i> 5:15-6:00 am		
7-8am						*Spinning Strength/ Sprint 8 8:15 – 9 am <i>Rotating Coach</i>
8-9am						
9-10am			*Sprint 8 <i>Anna</i> 9:15-10am		*Spinning Strength <i>Desirae</i> 9:15-10am	
12-1pm	SGT: B&G Staff Rhianna 10:15-11:15am		SGT: B&G Staff Rhianna 10:15-11:15am		SGT: B&G Staff Rhianna 10:15-11:15am	
1-5:30 pm						
	*Spinning Strength <i>Jacob</i> 5:45-6:30pm			Dryland Training <i>Jacob/Shelly</i> 5:00-6:00pm		
5:45 - 7pm		Boot Camp <i>Markis</i> 5:30-6:15pm	*TRX <i>Markis</i> 5:45-6:30pm			

Please note the specialty classes require you to reverse a spot (Indicated by *) and class has additional fees/registration required (Indicated by the color yellow).

STUDIOS ARE OPEN FOR MEMBER ACCESS (11-12 with an adult) WHEN CLASSES ARE NOT IN SESSION

**** SUBJECT TO BE CLOSED DUE TO STAFF USE ****



GROUP EXERCISE SCHEDULE

Cycling*

This class offers all the challenges of cycling on the open road with hills and uneven terrain. The workout is set to music with various motivating drills throughout the class.

Cycling is an excellent workout for your lower half, which is complimented by exercising your heart.

*Check in with the front desk to reserve your spot as there is a 12-participant limit.

Spinning Strength*

Join an engaging workout class going beyond cardio with diverse movements, core focus and cycling. Experience fun, challenging sessions in a vibrant atmosphere and hands on coaching.

*Check in with the front desk to reserve your spot as there is a 12-participant limit
High-intensity interval training.

Sprint 8*

HITT class designed to deliver maximum results in minimal time. Workout alternates short, intense sprint intervals with active recovery periods to boost cardiovascular fitness, burn fat, and build lean muscle. Using Matrix equipment, Sprint 8 is efficient, science-based, and scalable for all fitness levels — helping participants improve performance and see real results fast.

TRX*

TRX, which stands for Total Resistance exercise, is a type of suspension training that uses body weight exercises and adjustable straps to develop strength, balance, flexibility, and core stability.

*Check in with the front desk to reserve your spot as there is a 12-participant limit.

STUDIOS ARE OPEN FOR MEMBER ACCESS (11-12 with an adult) WHEN CLASSES ARE NOT IN SESSION

**** SUBJECT TO BE CLOSED DUE TO STAFF USE ****