

ONE TO ONE — FITNESS —

Fall 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30	8:30-9:15 a.m. Tai Chi (I/V) Steve		8:30-9:15 a.m. Qigong/Tai Chi (I/V) Steve		8:30-9:15 a.m. Qigong (I/V) Steve	8:30-9:30 a.m. Yoga Flow (I/V) Maria	
9:00	9:30-10:15 a.m. Pilates Mat (I/V) Elaine	9-9:45 a.m. Pilates Mat (V) Hope	9:30-10 a.m. HIIT (I/V) Melissa	9:30-10:30 a.m. Yoga Flow (I/V) Cindy	9:30-10:15 a.m. Pilates Mat (I/V) Elaine	9-9:45 a.m. Cycle HIIT & Rhythm (I) Elad	9-9:45 a.m. Pilates Mat (I/V) Ava
9:30		9:30-10:30 a.m. Yoga Flow (I/V) Cindy					
10:00					10:30-11 a.m. HardCORE (I) Melissa	10-10:45 a.m. Muscle Cond. (I/V) Gabriel	10-11 a.m. Zumba (I) Instructor Varies
11:00		11-11:45 a.m. TRX (I) Melissa			11-11:45 a.m. TRX (I) Melissa		11:30-12:15 p.m. Barre (I/V) LaShundra
12:00	12-12:30 p.m. Muscle Mondays Melissa (I/V)	12-12:30 p.m. Kettlebell (I/V) Melissa	12-12:45 p.m. Rock Solid & Rope Strong (I) (TRX/Kettlebell) Jevone	12-12:30 p.m. Kettlebell (I/V) Melissa	12-12:45 p.m. Muscle Cond. (I/V) Curtis		
4:15				4:15-5:15 p.m. Ballet (I/V) Elaine			4:30-5:30 p.m. Yoga Flow (I/V) Katie C.
4:30							
5:30	5:30-6:25 p.m. Zumba (I) Christine	5:30-6:15 p.m. Barre (I/V) Catherine	5:30-6:25 p.m. Yoga Flow (I/V) Olivia	5:30-6:15 p.m. Muscle Cond. (I/V) Curtis	5:30-6:30 p.m. Barre (I/V) LaShundra		
	5:30-6:15 p.m. Cycle Rhythm (I) Richard	5:30-6:30 p.m. Cycle (I) Deneen	5:30-6:30 p.m. Cycle (I) Deneen	5:30-6:15 p.m. Cycle HIIT & Rhythm (I) Elad	5:30-6:30 p.m. Cycle (I) Caitlin		
6:30	6:30-7:15 p.m. Muscle Cond. (I/V) Joseph	6:30-7:15 p.m. Pilates Mat (I/V) LaShundra	6:30-7:15 p.m. WERQ Dance Fitness (I) Angela	6:30-7:30 p.m. Xtreme Hip Hop (I/V) (Step) Latisha		(I/V) = In-Person & Virtually (V) = Virtual Class Only (in blue) (I) = In-Person Class Only (in peach) <i>Hour classes are typically 55 min.</i>	
6:45			6:45-7:30 p.m. Muscle Toning & Core Strength (I) Deneen (Studio B)	6:30-7:15 p.m. Cycle Hip Hop (I) Richard			

Sign up for ALL Classes in advance online through Mindbody

- Classes are open to all fitness levels. Let the instructor know if you are new to class. Consult your physician before beginning any fitness program.
- Notify your instructor if you have any special concerns, i.e. pregnancy, diabetes, fasting, or surgery so modifications can be explained.
- Please do not enter class late or leave early. It is disruptive to others and a proper warm up and cool down are important.
- Drop-in, 10-pack, and monthly unlimited passes are available for non-members. Purchases can be made through MINDBODY.
- Virtual class links are emailed ~45 min. before class. If you have not received the link, refresh your email and/or call 368-1121.
- Class recordings are emailed to virtual registrants after class and viewable for 24 hours.
- Schedule and instructors are subject to change. **Our MINDBODY schedule will have the most updated information.**



Visit our website or Mindbody for the Pilates Reformer Schedule