

# ONE TO ONE — FITNESS —

Fall 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	7-7:45a <b>Barre (I/V)</b> Shea		7-7:45a (I/V) <b>Vinyasa Flow Yoga</b> Richard O		7-7:45a (I/V) <b>Vinyasa Flow Yoga</b> Richard O		
8:30	8:30-9:15 a.m. <b>Tai Chi (I/V)</b> Steve		8:30-9:15 a.m. <b>Qigong/Tai Chi (I/V)</b> Steve		8:30-9:15 a.m. <b>Qigong (I/V)</b> Steve	8:30-9:30 a.m. <b>Yoga Flow (I/V)</b> Maria	
9:00	9:30-10:15 a.m. <b>Pilates Mat (I/V)</b> Elaine	9-9:45 a.m. <b>Pilates Mat (V)</b> Hope	9:30-10:15 a.m. <b>HIIT (I/V)</b> Annika	9:30-10:30 a.m. <b>Yoga Flow (I/V)</b> Cindy	9:30-10:15 a.m. <b>Pilates Mat (I/V)</b> Elaine	9-9:45 a.m. <b>Cycle (I)</b> Katie X	9-9:45 a.m. <b>Cycle (I)</b> Shea
9:30		9:30-10:30 a.m. <b>Yoga Flow (I/V)</b> Cindy					9-9:45 a.m. <b>Pilates Mat (I/V)</b> Ava
10:00						10-10:45 a.m. <b>Muscle Cond. (I/V)</b> Gabri'el	
11:00		11-11:45 a.m. <b>TRX (I)</b> Melissa			11-11:45 a.m. <b>TRX (I)</b> Gianna	11-11:45 a.m. <b>WERQ Dance Fitness (I)</b> Angela	11:30-12:15 p.m. <b>Barre (I/V)</b> LaShundra
12:00	12-12:30 p.m. <b>Muscle Mondays</b> Melissa (I/V)	12-12:45 p.m. <b>Grounded Strength</b> Jackie (I/V)	12-12:45 p.m. <b>Rock Solid &amp; Rope Strong (I)</b> (TRX/Kettlebell) Jevone	12-12:45 p.m. <b>Kettlebell (I/V)</b> Gianna	12-12:30 p.m. <b>Dynamic Stretching</b> Curtis (I/V)		
4:15				4:15-5:15 p.m. <b>Ballet (I)</b> Elaine			4:30-5:30 p.m. <b>Yoga Flow (I/V)</b> Olivia
4:30							
5:30	5:30-6:25 p.m. <b>Zumba (I)</b> Jess	5:30-6:15 p.m. <b>Barre (I/V)</b> LaShundra	5:30-6:25 p.m. <b>Yoga Flow (I/V)</b> Julie	5:30-6:15 p.m. <b>Muscle Cond. (I/V)</b> Curtis	5:30-6:30 p.m. <b>Barre (I/V)</b> LaShundra		
	5:30-6:15 p.m. <b>Cycle (I)</b> Rebecca	5:30-6:30 p.m. <b>Cycle (I)</b> Richard	5:30-6:30 p.m. <b>Cycle (I)</b> Instructor Varies	5:30-6:30 p.m. <b>Cycle (I)</b> Richard			
6:30	6:30-7:15 p.m. <b>Muscle Cond. (I/V)</b> Joseph	6:30-7:15 p.m. <b>Pilates Mat (I/V)</b> LaShundra	6:30-7:15 p.m. <b>WERQ Dance Fitness (I)</b> Angela				
6:45							

(I/V) = In-Person & Virtually

(V) = Virtual Class Only (in blue)

(I) = In-Person Class Only (in peach)

**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