

ONE TO ONE — FITNESS —

Fall 2025

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

(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