

ONE TO ONE — FITNESS —

Fall 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30	8:30-9:15 a.m. Qigong (I/V) Paul		8:30-9:15 a.m. Qigong (I/V) Paul	8:30-9:15 a.m. Lower Body Conditioning (I/V) Susie		8:30-9:30 a.m. Yoga Flow (I/V) Katie C	
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. Pilates Mat (I/V) Ava
9:30		9:30-10:30 a.m. Yoga Flow (I/V) Madeline					
10:00						10-10:45 a.m. Muscle Cond. (I/V) Gabri'el	10-10:45 a.m. WERQ Dance Fitness (I) Gabby
11:00		11-11:45 a.m. TRX (I) Rob			11-11:45 a.m. TRX (I) Gianna	11-11:45 a.m. WERQ Dance Fitness (I) Angela W.	11:30-12:15 p.m. Barre (I/V) LaShundra
12:00	12-12:45 p.m. The Strength Lab Annika (I/V)	12-12:45 p.m. Interval Full Body Strength Rob (I/V)	12-12:45 p.m. Old School Dance Fitness Jen (I)	12-12:45 p.m. Step & Strength (I) Aaron	12-12:30 p.m. Mobility Curtis (I/V)		12:30-1:15 p.m. Muscle Cond. (I/V) Kristina
4:30					4:45-5:25 p.m. Zumba (I) Christine		
5:30	5:30-6:25 p.m. Zumba (I) Christine	5:30-6:15 p.m. Barre (I/V) LaShundra	5:30-6:25 p.m. Power Flow Yoga (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 (I) Rebecca	5:30-6:30 p.m. Cycle Rhythm (I) Shea	5:30-6:30 p.m. Cycle (I) Deneen	5:30-6:15 p.m. Cycle (I) Alyssa			
6:30	6:30-7:15 p.m. Muscle Cond. (I/V) Angela	6:30-7:15 p.m. Strength & Stretch Kristina	6:30-7:15 p.m. WERQ Dance Fitness (I) Angela W.	6:30-7:15 p.m. Step & Tone (I) Angela			
6:45			6:45-7:30 p.m. Muscle Toning & Core Strength (I) Deneen (Studio B)				

(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.**

