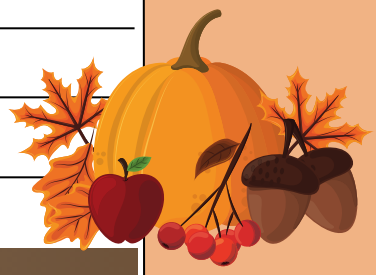
November 2026

Main Studio

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:00a	**Ultimate Workout** Jenna	**Ultimate Workout** Victoria	**Ultimate Workout** Jenna	**Ultimate Workout** Victoria		
8:00 - 9:00a	**Vinyasa Yoga** Kathryn	**Muscle Pump** Shauna	**Vinyasa Yoga** Kathryn	**Muscle Pump** Shauna	**Vinyasa Yoga** Jenna	10:00 - 11:00 a **Weekend Warrior** Laura
9:00 - 10:00a	**HIIT** Shauna	**Pilates and Toning** Shauna	**HIIT** Shauna	**Pilates and Toning** Shauna		
10:00 - 11:00a	**Gentle Yoga** Blaise	**Vinyasa Yoga** Kaitlyn	**Gentle Yoga** Kathryn	**Vinyasa Yoga** Kaitlyn	**Gentle Yoga** Blaise	**CHILDCARE** **Mon - Fri** 8 am - 12 pm 4 pm - 8 pm **Sat** 8am -12pm
11:00-11:50a				**PWR!Moves** Jenna		
12:15-12:45p	**Small Group $$** Jenna	**Core** Jenna	**Small Group $$** Jenna	**Core** Jenna		
2:00 - 2:45p		**PWR!Moves** Shauna				
5:30-6:00p						
6:00-6:30p						
6:30 - 7:30p		**Strength & Flexibility Yoga** Laura		**Line Dancing** Til 8:30 - Mireya		



Studio 1

9:00 - 10:00a		**Dance Fitness** Megan	**Dance Fitness** Megan	**Dance Fitness** Megan		**Dance Fitness** Megan
7:00p-8:00p		**Dance Fitness** Megan				
7:30-8:30 p			**Line Dancing** Mireya			

Spin Studio

6:15 - 7 :00a	**Spin** Jenna		**Spin** Jenna			
6:30 - 7:30p	**Rhythm Revolution** Laura		**6 pm Spin** Shauna	**Rhythm Revolution** Laura		

Aquatics

5:15 a	**Aquarobics** Juanita	**Aquarobics** Juanita	**Aquarobics** Juanita	**Aquarobics** Juanita	**Aquarobics** Juanita	**GYM HOURS** **Mon - Thur** 5 am - 10 pm **Fri** 5 am - 9 pm **Sat** 7 am - 6 pm **Sun** 1 pm - 6 pm
6:15 a	**Aquarobics** Juanita	**Aquarobics** Juanita	**Aquarobics** Juanita	**Aquarobics** Juanita	**Aquarobics** Juanita	
8:00 a	**Aquarobics** Sara	**Aquarobics** Sara	**Aquarobics** Sara	**Aquarobics** Sara	**Aquarobics** Sara	
9:00 a	**Aquarobics** Sara	**Aquarobics** Sara	**Aquarobics** Sara	**Aquarobics** Sara	**Aquarobics** Sara	
5:00 p	**Aquarobics** Judy	**Aquarobics** Judy		**Aquarobics** Judy		
6:00 p	**Aquarobics** Lea	**Aquarobics** Lea		**Aquarobics** Lea		

mission FITNESS

Class Descriptions



mission FITNESS

Cardio

Aquarobics-This class makes a splash! A fun group exercise class in the water that is low-impact but high on fun. The water is great, so come on in for a good time!

Line Dancing - Get ready to scoot your boots in choreographed dances with a repeating series of steps performed in unison by a group of people in lines or rows, most often without the dancers. Who knew exercise could be so fun?

Spin- Come along for a ride with our instructors. Improve your cardio and lower-body endurance. They are sure to push you to a great workout!

Rhythm Revolution- spin/cycle: "Catch the cadence, Embrace the revolution." An energetic, music driven ride built around the beat. The class moves through jogs, runs, sprints, progressive climbs, and saddle -to-standing transitions with RPM matched to the music. "Let the rhythm take control."

Ballet Barre- A hybrid workout class combining ballet-inspired moves with elements of Pilates, dance, yoga, and strength training. Most classes incorporate a ballet barre and use classic dance moves such as plies, alongside static stretches. Designed to build strength, increase flexibility, and sculpt muscle.

Dance Fitness - A high-energy dance cardio workout featuring easy-to-follow routines set to upbeat music from a variety of styles and genres. Designed for all fitness levels, this class combines cardio, movement, and fun for a full-body workout. No dance experience needed, just come ready to move!

Strength

HIIT- (High Intensity Interval Training). This class can be scaled to individuals of all fitness levels. Whether beginner or advanced, the various exercises can be adapted to ensure you are improving your fitness safely.

Muscle Pump – Total Body Resistance/cardio-focused class to tone and build endurance.

Pilates & Toning - Improve muscle tone, flexibility, and strength, as well as help you heal from injuries.

Ultimate Workout – Strength training using body weight, barbells, kettlebells, and bands. Increase your total body functional strength, muscular endurance and help build lean muscle.

Gentle Yoga- This form of yoga provides therapeutic modifications to common yoga poses and allows relaxation for both mental and physical well-being.

Flexibility

Restorative yoga is a passive yoga practice that focuses on relaxation and stillness. It involves holding gentle poses for extended periods, often with the support of props like blankets, bolsters, and blocks. The goal is physical, mental, and emotional relaxation without strain or pain.

Strength and Flexibility exercises will help you increase muscle strength, maintain bone density, improve balance, and reduce joint pain.

Vinyasa Yoga- Connect the mind with the body through breathing, stretching, and strengthening poses. Spend time holding yoga poses to increase your flexibility and strength, then finish with deep relaxation.

Weekend Warrior- Combines balance, breath, alignment, strength, and flexibility in a powerful flow- more athletic than resorative, but still grounded in intentional movement. "Strength in balance, power in motion."