

OCTOBER

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		10:00 - 11:00 a Weekend Warrior Laura
8:00 - 9:00a	Vinyasa Yoga Kathryn	Muscle Pump Shauna	Vinyasa Yoga Kathryn	Muscle Pump Shauna	Vinyasa Yoga Jenna	
9:00 - 10:00a	HIIT Shauna	Pilates and Toning Shauna	HIIT Shauna	Pilates and Toning Shauna	Core/HIIT Rachel	
10:00 - 11:00a	Gentle Yoga Blaise	Vinyasa Yoga Kaitlyn	Gentle Yoga Kathryn	Vinyasa Yoga Kaitlyn	Gentle Yoga Blaise	
11:00-11:50a				PWR!Moves Jenna		CHILDCARE Mon - Fri 8 am - 12 pm 4 pm - 8 pm Sat 8am -12pm
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	HIIT Bree 5:30-6:00p			HIIT Bree 5:30-6:00p		
6:00-6:30p	Functional Flexibility Bree					
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	
6:30-7:30p					
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
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	

10:00 - 11:00 a
Weekend Warrior
Laura

CHILDCARE

Mon - Fri
8 am - 12 pm
4 pm - 8 pm
Sat
8am -12pm

GYM HOURS

Mon - Thur
5 am - 10 pm
Fri
5 am - 9 pm
Sat
7 am - 6 pm
Sun
1 pm - 6 pm

mission
FITNESS



Class Descriptions

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 restorative, but still grounded in intentional movement. “Strength in balance, power in motion.”