

Classes available Dec 22 - Dec 27



Main Studio

TIME	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27
5:15-6:00 a	Ultimate Workout Jenna		OPEN 7 AM - 11 AM	CLOSED	OPEN 7 AM - 5 PM	10:00 - 11:00 a Vinyasa Yoga Laura
8:00 - 9:00 a	Vinyasa Yoga Kathryn	Muscle Pump Shauna				
9:00 - 10:00 a		Pilates & Toning Shauna	HIIT Shanua		Core/HIIT Shanua	
10:00 - 11:00 a	Gentle Yoga Blaise					
11:00-11:50a						
12:15-12:45p	Small Group \$\$ Jenna	Core Jenna				
2:00 - 2:45 p		PWR!Moves				
5:30-6:00p						
6:30-7:30p						
7:30 - 9:00 p						

CHILDCARE

Mon - Tuesday

8 am - 12 pm

4 pm - 8 pm

Sat

8 am - 12 pm

Childcare is closed
Wednesday, Thursday
and Friday

Studio 1

6:30-8:30 p		
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Spin Studio

6:15 - 7:00a	Spin Jenna	
6:00 - 7:00 p		Spin Shauna

Aquatics

5:15 a	Aquarobics Juanita	Aquarobics Juanita
6:15 a	Aquarobics Juanita	Aquarobics Juanita
8:00 a	Aquarobics Sara	Aquarobics Sara
9:00 a	Aquarobics Sara	Aquarobics Sara
5:00 p		
6:00 p		

Aquarobics
Juanita

Aquarobics
Juanita

GYM HOURS

Mon - Tuesday

5 am - 10 pm

Wed

7 am - 11 am

Thursday

CLOSED

Fri

7 am - 5 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!

Zumba- A fusion of Latin and International music/dance themes that create a dynamic, exciting, and effective fitness system! The routines feature fast and slow rhythms that tone and sculpt the body. It is a mixture of body-sculpting movements with easy-to-follow dance steps.

Ballet Barre-is 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 muscles.

Strength

Core - Strengthen core muscles using light weights and bodyweight exercises.

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 - can improve muscle tone, flexibility, and strength, as well as, help you heal from injuries.

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

Flexibility

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

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.

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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.