

Fitness Schedule

Monday

Tuesday

Wednesday

Thursday

Friday

High Definition
5:30-6:30am
Studio A
Tracey Stump

Tabata Tune Up
5:30-6:15am
Studio A
Tracey Stump

High Definition
5:30-6:30am
Studio A
Tracey Stump

Tabata Tune Up
5:30-6:15am
Studio A
Tracey Stump

High Definition
5:30-6:30am
Studio A
Tracey Stump

Strong Stretch
5:30-6:15am
Studio B
Tracie Duncan

Shine Uplift
5:30-6:15am
Studio B
Amy Nelson

StrongHer
4:00-4:45pm
Studio B
Cassy Kent

Shine Uplift
5:30-6:15am
Studio B
Amy Nelson

Shine Uplift
5:30-6:15am
Studio B
Amy Nelson

Mini Movers
11:00-11:45am
Studio A
Cassey Belt

Chair Yoga
8:15-9:00am
Studio B
Abra Frisch

Senior Balance
and Mobility
4:15-5:00pm
Studio A
Cassey Belt

Chair Yoga
8:15-9:00am
Studio B
Abra Frisch

SESSION 1

Jan 11th-March 7th

MAKE-UP WEEK
March 8th-14th

StrongHer
4:00-4:45pm
Studio B
Cassy Kent

Slow Flow Yoga
9:15-10:00am
Studio B
Abra Frisch

Night Flow Yoga
5:30-6:15pm
Studio A
Tracie Duncan

Slow Flow Yoga
9:15-10:00am
Studio B
Abra Frisch

Senior Balance
and Mobility
4:15-5:00pm
Studio A
Cassey Belt

Senior Strength
4:00-4:45pm
Studio A
Cassy Kent

Senior Strength
4:00-4:45pm
Studio A
Cassy Kent

Night Flow Yoga
5:30-6:15pm
Studio A
Tracie Duncan

Jagatuor Martial Arts
7:00-8:00pm
Studio B
Jason Sears

Jagatuor Martial Arts
7:00-8:00pm
Studio B
Jason Sears

SESSION 2

March 22nd-May 16th

MAKE-UP WEEK
May 17th-23rd

Be on the
lookout for
self defense
classes!

New Year New Routine 2026

New Members

Purchase two months and receive
your third month free,
plus a 5-class punch card to explore
fitness class options.

Existing Members

Upgrade your membership this New Year
and get 1 month FREE, plus a 5-class punch
card to try new workouts!

Already at the top membership?
Stop by the front desk for a complimentary
5-class punch card; our thank-you for your continued support.