

ADULT FITNESS CLASSES

January 2025



MON	TUE	WED	THURS	FRI	SAT	SUN
CHAIR YOGA 10-11AM MARJA (MP ROOM)	HATHA YOGA 9-10:15AM 10:30-11:45AM SUZANNE (CLASSROOM 1)	ZUMBA © 10-10:50AM MICHELLE T. (MP ROOM)	HATHA YOGA 8:30-9:45AM SUZANNE (CLASSROOM 2)	TOTAL BODY WORKOUT 9-9:50AM STEVE (CLASSROOM 2)	TOTAL BODY WORKOUT 8:30-9:30AM BRANDON (MP ROOM)	LABLAST © 8:30-9:30AM MELISSA (MP ROOM)
DANCE & TONE 11:15AM-12:15PM JAMES (MP ROOM)	STRETCH, FLEX & TONE 10:30-11:30AM 11:45AM-12:45PM ROSALIND (MULTIPURPOSE ROOM)	MEDITATION 11-11:45AM ASSUNTA (CLASSROOM 2)	*CHAIR YOGA 10-11AM SUZANNE (GYMNASIUM)	*CHAIR YOGA 10-11AM ASSUNTA (GYMNASIUM)	FITCULTURE STRENGTH 9-10AM (GYMNASIUM)	PILATES 9:45-10:45AM CARISSA (MP ROOM)
SCULPT YOGA 5-6PM NIKOLE (CLASSROOM 2)	TAI CHI 1-2PM ROSALIND (MP ROOM)	HATHA YOGA 6:15-7:15PM SUZANNE (CLASSROOM 2)	*LABLAST © 11:10-11:55AM JAIME (GYMNASIUM)	*DANCE & TONE 11:10-11:55AM JAMES (GYMNASIUM)	TAI CHI 9:45-10:45AM ROSALIND (MP ROOM)	HATHA YOGA 11-12PM MICHELLE F. (MP ROOM)
SPIN 6:15-7PM NIKOLE (FITNESS CENTER)	SPIN 5:30-6:15PM DANIELLE (FITNESS CENTER)	SPIN 6-6:45PM NIKOLE (FITNESS CENTER)	*QIGONG 1-2PM STELLA (CLASSROOM 2)	*BALLROOM DANCE 1-2PM EUGENE (MP ROOM)	VINYASA YOGA 11-12PM JEANNIE (MP ROOM)	
FITCULTURE KICKBOXING 7-8PM (FITNESS CENTER)	FITCULTURE STRENGTH 6-7PM (GYMNASIUM)	FITCULTURE KICKBOXING 7-8PM (FITNESS CENTER)	FITCULTURE STRENGTH 6-7PM (GYMNASIUM)	LABLAST© 6-7PM TESHIA (MP Room)	SPIN 1:15-2PM NIKOLE (FITNESS CENTER)	
AQUA ZUMBA© 7:15-8PM CARISSA (POOL)	DANCE & TONE 6:30-7:30PM ROSEANN (MP ROOM)	DANCE & TONE 7:30-8:30PM ROSEANN (MP ROOM)	VINYASA YOGA 6:15-7:15pm JEANNIE (CLASSROOM 2)		BALLROOM DANCE 2-3PM EUGENE (CLASSROOM 2)	
	BUDDHA HAND KUNG FU 6:30-8PM PETER (CLASSROOM 2)		BUDDHA HAND KUNG FU 7-8:30PM JACK (FITNESS CENTER)			
	PILATES 7:45-8:45PM CARISSA (MP ROOM)		SCULPT YOGA 7:30-8:30pm NIKOLE (CLASSROOM 2)			
						*= FUN FIT CLASS

All Classes are Drop-In. No Commitment or Fee.
Non-Members may attend for \$20 per class.