

# ADULT FITNESS CLASS SCHEDULE

## MAY 2026



All Classes are Drop-In. No Commitment or Fee.  
Non-Members may attend for \$25 per class.



**SIGN UP ON OUR APP!**

MON	TUE	WED	THURS	FRI	SAT	SUN
<b>HATHA YOGA</b> <b>8:45AM-9:45AM</b> MARJA (CLASSROOM 2) <hr/> <b>CHAIR YOGA</b> <b>10-11AM</b> MARJA (MP ROOM)	<b>TOTAL BODY WORKOUT</b> <b>11AM-12PM</b> JAMES (CLASSROOM 2)	<b>LABLAST<sup>®</sup></b> <b>9:00-10:00AM</b> MARJA (CLASSROOM 2)	<b>HATHA YOGA</b> <b>8:45-9:45AM</b> MARJA (CLASSROOM 2)	<b>GENTLE VINYASA YOGA</b> <b>8:45-9:45AM</b> DANIELLE (CLASSROOM 2)	<b>METABOLIC CONDITIONING</b> <b>9-10AM</b> BRANDON (GYMNASIUM)	<b>LABLAST<sup>®</sup></b> <b>8:30-9:30AM</b> MELISSA (MP ROOM)
<b>DANCE &amp; TONE</b> <b>11:15AM - 12:15PM</b> JAMES (MP ROOM)	<b>STRETCH, FLEX &amp; TONE</b> <b>11AM-12PM</b> ROSALIND (MP ROOM)	<b>TOTAL BODY WORKOUT</b> <b>10:15AM-11:15AM</b> JAIME (CLASSROOM 2)	<b>CHAIR YOGA</b> <b>10-10:50AM</b> ASSUNTA <hr/> <b>ZUMBA<sup>®</sup> GOLD</b> <b>11-11:50AM</b> MICHELLE (GYMNASIUM)	<b>CHAIR YOGA</b> <b>10:30-11:30AM</b> ASSUNTA (GYMNASIUM)	<b>TAI CHI LEVEL 2</b> <b>9-10AM</b> ROSALIND (MP ROOM)	<b>AQUA ZUMBA<sup>®</sup></b> <b>9-9:45AM</b> CARISSA (POOL)
<b>MEDITATION</b> <b>12:30-1:30PM</b> ASSUNTA (CLASSROOM 2)	<b>TAI CHI MIXED LEVEL</b> <b>12:15-1:15PM</b> ROSALIND (MP ROOM)	<b>BELLY DANCE</b> <b>11:30AM-12:30PM</b> TIANA (CLASSROOM 2)	<b>QIGONG</b> <b>1-2PM</b> STELLA (CLASSROOM 2)	<b>BALLROOM DANCE</b> <b>1-2PM</b> EUGENE (MP ROOM)	<b>TAI CHI LEVEL 1</b> <b>10:05-10:55AM</b> ROSALIND (MP ROOM)	<b>PILATES</b> <b>10-10:45AM</b> CARISSA (CLASSROOM 2)
<b>SCULPT YOGA</b> <b>5-6PM</b> NIKOLE (CLASSROOM 2)	<b>HATHA YOGA</b> <b>5:15-6:15PM</b> MICHELLE F. (CLASSROOM 2)	<b>SPIN</b> <b>6-6:50PM</b> NIKOLE (FITNESS CENTER)	<b>METABOLIC CONDITIONING</b> <b>6-7PM</b> BRANDON (GYMNASIUM)	<b>ZUMBA<sup>®</sup></b> <b>6-6:50PM</b> STACY (MP ROOM)	<b>SPIN</b> <b>10:05-10:55AM</b> TESHIA (FITNESS CENTER)	<b>SPIN</b> <b>11-11:50AM</b> TESHIA (FITNESS CENTER)
<b>LABLAST<sup>®</sup></b> <b>6:15-7:15PM</b> JAIME (MP ROOM)	<b>METABOLIC CONDITIONING</b> <b>6-7PM</b> BRANDON (GYMNASIUM)	<b>BUDDHA HAND KUNG FU</b> <b>6-7PM</b> JACK (FITNESS CENTER)	<b>VINYASA YOGA</b> <b>6:15-7:15PM</b> JEANNIE (CLASSROOM 2)	<b>*SPIN</b> <b>6-6:50PM</b> <b>ISAAC</b> (FITNESS CENTER)	<b>VINYASA YOGA</b> <b>11-12PM</b> JEANNIE (MP ROOM)	<b>HATHA YOGA</b> <b>11-12PM</b> MICHELLE F. (MP ROOM)
<b>SPIN</b> <b>6-6:50PM</b> STACY (FITNESS CENTER)	<b>DANCE &amp; TONE</b> <b>6:30-7:30PM</b> ROSEANN (MP ROOM)	<b>PILATES</b> <b>6:15-7:15PM</b> JAMES (CLASSROOM 2)	<b>SPIN</b> <b>6:30-7:15PM</b> NIKOLE (FITNESS CENTER)	<b>*CARDIO COMBAT</b> <b>7:15-8PM</b> ISAAC (FITNESS CENTER)	<b>BALLROOM DANCE</b> <b>2-3PM</b> EUGENE (MP ROOM)	
<b>CARDIO COMBAT</b> <b>7:15-8PM</b> ISAAC (FITNESS CENTER)	<b>BUDDHA HAND KUNG FU</b> <b>6:30-8PM</b> PETER (CLASSROOM 2)	<b>CARDIO COMBAT</b> <b>7:15-8PM</b> ISAAC (FITNESS CENTER)	<b>BUDDHA HAND KUNG FU</b> <b>7-8:30PM</b> JACK (FITNESS CENTER)	<b>POUND<sup>®</sup> UNPLUGGED</b> <b>7-7:45PM</b> STACY (MP ROOM)		
<b>POUND<sup>®</sup></b> <b>7:15-8PM</b> STACY (MP ROOM)	<b>TOTAL BODY WORKOUT</b> <b>7:40-8:30PM</b> ROSEANN (MP ROOM)	<b>DANCE &amp; TONE</b> <b>7:30-8:30PM</b> ROSEANN (MP ROOM)	<b>SCULPT YOGA</b> <b>7:30-8:30PM</b> NIKOLE (CLASSROOM 2)	*=CLASS WILL TAKES PLACE EVERY OTHER WEEK.		