

Group Ex Class Schedule – August 2026



	MON.	TUE.	WED.	THU.	FRI.	SAT.	SUN.
5a	5:30-6:30am Total Body Strength & Conditioning Alex	5:30-6:30am Total Body Strength & Conditioning Liam	5:30-6:30am Total Body Strength & Conditioning Alex	5:30-6:30am Total Body Strength & Conditioning Liam	5:30-6:30am Total Body Strength & Conditioning Alex		
6a							
7a		7-7:45am Active Older Adult (AOA) Spencer		7-7:45am Active Older Adult (AOA) Spencer		7:35-8:35am Pilates Stacy	
8a			8:00-8:45am Chair Yoga Meg				
9a		9:00-10:00am Power Hour Liam	9:00-10:00am Hatha Yoga Meg	9:00-10:00am Power Hour Liam		9:00-10:00am Power Hour Liam	9:30-10:30am WERQ Ibrahim
10a	10:15-11:15am WERQ Spencer	10:15-11:15am WERQ Spencer	10:15-11:15am TABATA Bootcamp Spencer	10:15-11:15am WERQ Spencer	10:15-11:00am WERQ Sarah-Jaine	10:15-11:15am Zumba Laima	
11a	 12-12:45pm Bend, Stretch, and Breathe Freya						
12p							
4p							
5p		5:45-6:45pm Zumba Laima		5:45-6:45pm Zumba Laima			
6p	6:00-6:50pm Total Body Strength & Conditioning Kara		6:00-6:50pm Total Body Strength & Conditioning Spencer				
7p							* Classes subject to change

* Classes start August 3th, 2026



Power Hour - 60 minutes of high-energy, total-body HIIT training—blending strength, endurance, and explosive power. This is your chance to push your limits, feel unstoppable, and own your fitness journey. Leave stronger, faster, and fully empowered.

Zumba- A dynamic, dance-fitness program that combines Latin and international music with choreographed movements, creating an engaging and effective workout.

WERQ – A high-energy, non-stop, cardio dance fitness class based on pop and hip-hop music. It's designed to be a fun, engaging workout that's accessible to all fitness and dance levels. WERQ classes feature a variety of dance styles, incorporate a warm-up and yoga-inspired cooldown, and are taught by certified fitness professionals.

Total Body Strength & Conditioning- Offers a comprehensive total body instructor led strength class. Work from muscle to muscle utilizing pump bars, free weights, and body weight to leave stronger than you felt walking in.

Pilates - Meet Stacy, a Mat Certified Pilates Instructor specializing in mind body connection. Stacy's classes are designed to improve balance, strength and flexibility. Whether you're a beginner or have some Pilates experience, Stacy will guide you on your Pilates journey, helping you move with greater ease and confidence.

AOA, or Active Older Adult class, is specifically designed to promote the physical and mental well-being of older adults. These classes are open to people of all fitness levels and experiences and are tailored to provide a safe and effective workout.

Fit Kids Club - Designed for young fitness enthusiasts aged 8-11, this class goes over the foundations of exercise and body mechanics. Incorporating plyometrics, Speed, Agility, and Quickness into the best 45 minute after school workout. Kids in this class will walk out feeling stronger, more confident, and ready for dinner!

TABATA Bootcamp - Join us for a 60-minute HIIT style burn! 1 exercise, 4 rounds, 20 seconds on with 10 seconds of rest in between. A combination of total body strength and resistance fueled by cardiovascular movements, this class is guaranteed to build muscular endurance and to get your heart rate up. Low Impact options always available!

Chair Yoga - A gentle, modified form of yoga that uses chairs for seated stretches (poses, asanas) and for balance and strengthening in standing poses. Also uses bricks and straps as props to make the class accessible to all. Additionally, the use of breath combined with movement is emphasized.

Hatha Yoga - The physical practice of yoga and use of breath while focusing on alignment and holding a wide range of poses (asanas) for periods of time. The class also makes extensive use of yoga props such as blocks, chairs mats and straps to aid in alignment and accessibility to maximize physical and mental wellbeing.

Bend, Stretch, and Breathe - Breathe your way into stronger flexibility and mobility. This stretch-focused class includes dynamic stretches combined with long holds to boost recovery, prevent injury, and improve the quality of our everyday movements. Available to all bodies of all levels of flexibility.