

## Group Ex Class Schedule – June 2026

	MON.	TUE.	WED.	THU.	FRI.	SAT.	SUN.
5a	5:30-6:30am <b>Total Body Strength &amp; Conditioning</b> Alex	5:30-6:30am <b>Cycle</b> Gena  5:30-6:30am <b>Total Body Strength &amp; Conditioning</b> Liam	5:30-6:30am <b>Total Body Strength &amp; Conditioning</b> Alex	5:30-6:30am <b>Cycle</b> Mandy  5:30-6:30am <b>Total Body Strength &amp; Conditioning</b> Liam	5:30-6:30am <b>Total Body Strength &amp; Conditioning</b> Alex		
6a							
7a		7-7:45am <b>Active Older Adult (AOA)</b> Spencer		7-7:45am <b>Active Older Adult (AOA)</b> Spencer		7:35-8:35am <b>Pilates</b> Stacy	
8a			8:00-8:45am <b>Chair Yoga</b> Meg				8:00-9:00am <b>Cycle</b> Sandy
9a		9:00-10:00am <b>Power Hour</b> Liam	9:00-10:00am <b>Hatha Yoga</b> Meg	9:00-10:00am <b>Power Hour</b> Liam		9:00-10:00am <b>Power Hour</b> Liam	9:30-10:30am <b>WERQ</b> Ibrahim
10a	10:15-11:15am <b>WERQ</b> Spencer	10:15-11:15am <b>WERQ</b> Spencer	10:15-11:15am <b>TABATA Bootcamp</b> Spencer	10:15-11:15am <b>WERQ</b> Spencer	10:15-11:00am <b>WERQ</b> Sarah-Jaine	10:15-11:15am <b>Zumba</b> Laima	
11a							
12p	12:00-1:00pm <b>Yoga</b> Freya		12-12:45pm <b>Active Older Adult (AOA)</b> Spencer				
4p		4:00-4:45pm <b>Fit Kids Club</b> Jackson		4:00-4:45pm <b>Fit Kids Club</b> Jackson			
5p		5:45-6:45pm <b>Zumba</b> Laima		5:45-6:45pm <b>Zumba</b> Laima			
6p	6:00-6:50pm <b>Total Body Strength &amp; Conditioning</b> Kara		6:00-6:50pm <b>Total Body Strength &amp; Conditioning</b> Sandy				
7p	7:00-8:00pm <b>Yoga</b> Kara						* Classes subject to change

\* Classes start June 1st, 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.

**Cycle** - Schwinn cycle classes offer a high-intensity, cardio-focused workout experience with a focus on both physical and mental fitness. These classes incorporate a variety of terrains and training styles, such as climbs, flat roads, and intervals, to challenge riders of all levels.

**Yoga** - Designed to deepen the mindbody connection for all fitness levels. Explore gentle strength, balance, and mobility training with the connection to breath through movement.

**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.