



- Most classes are also available virtually through Mindbody live streaming at no additional cost.
- Reserve your spot in Mindbody starting at midnight two days before your live or virtual class.
- Registration closes 30 minutes before class starts. Links for virtual classes will be sent at that time.
- Waitlist policy: any spots open at the start of class can be filled by members present on the waitlist.
- Any additional spaces in in-person classes will be filled on a first-come-first-served basis.
- Please be courteous to other members and arrive to class no later than 5 minutes, refrain from taking phone calls, and avoid disruptions by not talking during class.

MONDAY

TOTAL BODY

6:00 - 6:45 a.m.
gym/virtual
with Cassie

MAT PILATES

8:00 - 9:00 a.m.
community room/virtual
with Susan

PUMP IT UP

8:15 - 9:00 a.m.
gym/virtual
with Theresa

SPIN

9:30 - 10:30 a.m.
community room
with Theresa

ESSENTRICS (No class 8/1)

11:00 a.m.-12:00 p.m.
community room
with Jill

RELAX AND RESTORE YOGA (8/1 only)

11:00 a.m.-12:00 p.m.
community room
with Cassie

SILVER SNEAKERS

12:15 - 1:00 p.m.
community/virtual
with Jess

ARMS & ABS

5:45 - 6:15 p.m.
community room
with Amy

ZUMBA

6:00 - 7:00 p.m.
gym with Lin

SPIN

6:30 - 7:15 p.m.
community room
with Amy

TUESDAY

SPIN

6:00 - 6:45 a.m.
community room
with Kristi

SPIN

7:00 - 7:45 a.m.
community room
with Jessica

POP-UP ESSENTRICS 8/23 8/30

8:30 - 9:30 a.m.
community room
with Carolyn

TRX BODY POWER

8:45 - 9:30 a.m.
gym/virtual
with Cassie

RELAX AND RESTORE YOGA

10:00 - 11:00 a.m.
community room
with Theresa

CARDIO REBOOT

10:15 - 11:15 a.m.
track
with Rachael

ESSENTRICS (No class 8/2)

11:15 a.m. - 12:15 p.m.
community room
with Jill

CARDIO KICKBOXING

5:30 - 6:15 p.m.
gym
with Ivan

POP-UP ESSENTRICS 8/23

5:30 - 6:30 p.m.
community room
with Jill

VINYASA FLOW YOGA

7:00 - 8:00 p.m.
community/virtual
with Becca

WEDNESDAY

CARDIO CRAZE

6:00 - 6:45 a.m.
gym/virtual
with Cassie

SPIN

8:00 - 9:00 a.m.
community room
with Theresa

ESSENTRICS (No class 8/3)

9:30 - 10:30 a.m.
community room
with Carolyn

CIRCUIT TRAINING

9:30 - 10:15 a.m.
gym
with Theresa

SILVER SNEAKERS

12:15 - 1:00 p.m.
community/virtual
with Jess

BODY SCULPT

5:30 - 6:15 p.m.
community room
with Ivan

ZUMBA

6:00 - 7:00 p.m.
gym
with Lin

SPIN

6:30 - 7:15 p.m.
community room
with Debbie

THURSDAY

POWER TONE

5:50 - 6:30 a.m.
gym/virtual
with Jen

ESSENTRICS (No class 8/4)

8:15 - 9:15 a.m.
community room
with Carolyn

PUMP IT UP

8:45 - 9:30 a.m.
gym/virtual
with Theresa

SPIN

9:45 - 10:30 a.m.
community room
with Theresa

POP-UP POUND FITNESS 8/4 8/11 8/25

6:00 - 6:45 p.m.
community room
with Lin

POP-UP CARDIO STRENGTH 6:00 - 6:45 p.m. gym rotating instructors

MAT PILATES

7:00 - 8:00 p.m.
community room
with Deanna

FRIDAY

SPIN & SCULPT

6:00 - 6:45 a.m.
community room
with Kristi

VINYASA FLOW YOGA

8:00 - 9:00 a.m.
community/virtual
with Becca

TONE CENTRAL

9:30 - 10:15 a.m.
gym/virtual
with Cassie

SPIN

9:30 - 10:30 a.m.
community room
with Theresa

ESSENTRICS (No class 8/5)

11:00 a.m.-12:00 p.m.
community room
with Jill

RELAX AND RESTORE YOGA (8/5 only)

11:00 a.m.-12:00 p.m.
community room
with Deanna

SILVER SNEAKERS

12:15 - 1:00 p.m.
community/virtual
with Jess

SATURDAY

SPIN

8:00 - 8:45 a.m.
community room
with Cassie

TABATA

9:00 - 9:45 a.m.
gym
with Theresa

POP-UP ESSENTRICS 8/13 8/20 8/27

9:15 - 10:15 a.m.
community room
with Jill

KUNDALINI YOGA

9:15 - 10:45 a.m.
dance studio
with Moni

MIXED FIT

10:00 - 11:00 a.m.
gym
with Erin

SUNDAY

SPIN

9:15 - 10:00 a.m.
community room
with Jen

MAT PILATES

9:30 - 10:30 a.m.
virtual
with Brittany

ARMS & ABS

10:15 - 10:45 a.m.
community room
with Jen