



- 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

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

### 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

7:30 - 8:15 a.m.  
community room  
with Jessica

### POP-UP ESSENTRICS 9/20

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

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 9/6 9/27

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

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

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 9/1 9/8 9/15 9/29

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

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

### 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 9/3 9/10

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

### KUNDALINI YOGA

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

### MIXXED 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