

FALL SCHEDULE—Effective 9/12/2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				8:45am SPINNING		
9:00AM ZUMBA	9:30am 30 MINUTE CARDIO**	9:30AM BODY SHAPING	9:30am 30 MINUTE CARDIO	9:30am BODY SHAPING	9:00AM BOSU BALANCE & CORE*	9:30am CARDIO/ SCULPT
9:00am SPINNING	10:00am WEIGHTS & ABS	10:15AM CARDIO/ SCULPT	10:00am WEIGHTS & ABS	10:15AM CARDIO/ CORE	9:15AM BODY SHAPING	10:15am ABS
9:45am 30 MINUTE CARDIO	10:30am ZUMBA	10:30AM YOGA	10:30am ZUMBA	10:30am YOGA	10:00AM 30 MINUTE CARDIO**	10:30am UPPER & LOWER BODY
10:15am ABS EXPRESS	10:30am YOGA	New day/time! 12:45PM CHAIR YOGA	10:30am RESTORATIVE YOGA	1:00pm CHAIR YOGA	New! 10:30am LATIN CARDIO & SCULPT	11:00am ZUMBA
10:30AM BARRE#	5:45PM BODY SHAPING	6:00pm STEP & SCULPT	5:45PM PILATES & SCULPT	6:00pm STEP & SCULPT	10:30am YOGA	
#WILL SOMETIMES INCLUDE PILATES... SCHED WILL BE	6:30pm ZUMBA	6:30PM ZUMBA	6:30pm ZUMBA	6:30PM ZUMBA		
	6:30pm YOGA	**Will be Cardio/ Step 1st Mon & Fri of month		6:30pm YOGA	*BOSU held 1st Fri of month	
				7:15PM LADIES DANCE WKSHP		