

FREE

WINTER 2024/2025 GROUP FITNESS

DECEMBER 9-JANUARY 19 SCHEDULE

(No classes December 24-January 1)

MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION
11:15 AM	Total Body Sculpt (45 min.)	Melissa	Rubicon
12:15 PM	Cycle 45 (45 min.) (Arrive 10 min. early)	Melissa	Feather
12:30 PM	Glutes Core & More (45 min.)	CJ	Trinity
5:45 PM	Total Body Sculpt (45 min.)	Megan	Trinity
6:00 PM	Breathe & Flow Yoga (60 min.) (January only!)	Maddie	Klamath

TUESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
11:15 AM	Barre Blend (45 min.)	Melissa	Rubicon
12:15 PM	Slow Burn Yoga (60 min.)	Heather	Klamath
12:15 PM	Total Body Sculpt (45 min.)	Naomi	Trinity
4:30 PM	Barre Blend (45 min.)	Andee	Klamath
5:30 PM	Cycle 45 (45 min.) (Arrive 10 min. early)	Andee	Feather
5:30 PM	Slow Flow & Yin Yoga (60 min.)	Lisa	Klamath
6:15 PM	Upper Body Build (45 min.)	Avery	Rubicon
6:15 PM	Zumba (60 min.)	Justin	Trinity

WEDNESDAY

TIME	CLASS	INSTRUCTOR	LOCATION
11:15 AM	Total Body Sculpt (45 min.)	Naomi	Rubicon
12:15 PM	Express Cycle (30 min.) (Arrive 10 min. early)	Kendra	Feather
12:30 PM	Glutes Core & More (45 min.)	CJ	Trinity
4:30 PM	Bells, Bags & Ropes (45 min.)	Avery	PC
4:30 PM	Mat Pilates (45 min.)	Kendra	Klamath
5:45 PM	Total Body Sculpt (45 min.)	Megan	Trinity
6:30 PM	Circuit Burn (45 min.)	Kay	PC

THURSDAY

TIME	CLASS	INSTRUCTOR	LOCATION
11:15 AM	Cycle 45 (45 min.) (Arrive 10 min. early)	Melissa	Feather
12:15 PM	Slow Burn Yoga (60 min.)	Heather	Klamath
12:15 PM	Kickbox Fit (45 min.)	Rufus	PC
12:30 PM	Barre Blend (45 min.)	Melissa	Rubicon
4:30 PM	Express Cycle (30 min.) (Arrive 10 min. early)	Andee	Feather
5:15 PM	Barre Blend (45 min.)	Crystal	Klamath
6:15 PM	Lower Body Build (45 min.)	Avery	Rubicon
6:15 PM	Zumba (60 min.)	Charlotte	Trinity

FRIDAY

TIME	CLASS	INSTRUCTOR	LOCATION
11:15 AM	Mat Pilates (45 min.)	Kendra	Klamath
12:15 PM	Express Cycle (30 min.) (Arrive 10 min. early)	Reymundo	Feather
5:30 PM	Vinyasa Flow Yoga (60 min.)	Jennifer	Klamath

SATURDAY

TIME	CLASS	INSTRUCTOR	LOCATION
10:15 AM	Slow Flow & Yin Yoga (60 min.)	Lisa	Trinity
12:15 PM	Express Cycle - Latin Mix (30 min.) (Arrive 10 min. early)	Reymundo	Feather

SUNDAY

TIME	CLASS	INSTRUCTOR	LOCATION
5:00 PM	Circuit Burn (45 min.)	Kay	PC

SMALL GROUP TRAINING—8 PEOPLE OR LESS

FREE FOR WINTER BREAK!

LED BY PERSONAL TRAINERS
OR EXPERTS IN CLASS FORMAT

REGISTER ON MIND/BODY APP UP TO
24 HRS BEFORE A CLASS

REGISTER ON THE  MINDBODY APP UP TO 24 HOURS BEFORE CLASS



SCAN THE QR CODE FOR
MORE INFO ON OUR GROUP
FITNESS CLASSES.

Please check the  MINDBODY App for any schedule changes.

