



2025 Winter Schedule

	STUDIO CLASSES	SPECIAL REGISTRATION	OUTDOOR CLASS	KIDS ZONE	BABY GYM
	Monday	Tuesday	Wednesday	Thursday	Friday
6:00/ 6:15 am	GYM CLASS HEROES Brennan	BELLS & CORE Hanz	MENS ONLY SMALL GROUP STRENGTH Brennan	MENS ONLY SMALL GROUP STRENGTH Brennan	GYM CLASS HEROES Hanz
8:00 am				SUPER CIRCUIT Nicole	
9:15 am			FUNDAMENTAL CORE Pieta	FULL BODY SWEAT Lina	
10:15 am	HIIT THE LEGS Nicole	BABY GYM Patricia	LOW IMPACT FITNESS Christine	11:15AM Baby Wearing Dance Series Meredyth & Nidhi	LOW IMPACT PILATES Anie
11:15 am	MOM & BABY STRENGTH & MOBILITY SERIES Pieta	HIIT & FLOW Mercedes	BABY GYM Sheila	FULL BODY SWEAT Christine	BABY GYM Vera
12:15 pm	STRENGTH CIRCUIT Brennan	BABY GYM Patricia	Level 1 SMALL GROUP STRENGTH Christine	STEP UP! Mercedes	UPPER BODY SWEAT Christine
4:45/ 5:30 pm	5:30PM PARENT & CHILD YOGA SERIES MEREDYTH			KIDS ZONE FITNESS EXPLORERS Tara	BELLS & CORE Anna
6:15 pm	GYM CLASS HEROES Mercedes	Low Impact Fitness Mehrnoosh	COMBAT FIT Meredyth	SO BARRE CORE Lina	
7:15 pm	Level 2 SMALL GROUP STRENGTH Mercedes	Step Up! Marhnoosh	FLOWGA Marnie	Level 1 SMALL GROUP STRENGTH Christine	
8:15 pm	FULL BODY SWEAT Nicole				

	WEEKEND WARRIORS	
	Saturday	Sunday
8:15 am	UPPER BODY SWEAT Christine	8:00am SMALL GROUP STRENGTH Nicole
9:15 am	GYM CLASS HEROES Christine	FULL BODY SWEAT Lina
	MENS ONLY STRENGTH CIRCUIT Brennan	
	KIDS ZONE Patricia	KIDS ZONE Dawn
	BABY GYM Vera	BABY GYM Courtney
10:15 or 10:30 am	SUPER CIRCUIT Nicole	SUPER CIRCUIT Hanz
	KIDS ZONE Patricia	KIDS ZONE Dawn
	BABY GYM Vera	BABY GYM Courtney
		POWER PILATES Lina



Virtual Class