



Class Schedule

October 2025

Day	Start	End	Class
Monday	12:00pm	12:50pm	STRENGTH CIRCUIT
	2:00pm	3:00pm	WEIGHT ROOM CIRCUIT
	5:30pm	6:30pm	WEIGHT ROOM CIRCUIT
Tuesday	9:00am	10:15am	YOGA with Brooke
	10:45am	11:45am	CHAIR PILATES
	4:00pm	4:55pm	PILATES INTERMEDIATE (online and in-person)
	5:30pm	6:25pm	PILATES INTERMEDIATE
	6:45pm	7:45pm	PILATES ESSENTIALS
Wednesday	9:00am	10:00am	CARDIO STRENGTH CIRCUIT
	10:15am	11:00am	SPIN – Interval Ride
	12:00pm	12:50pm	STRENGTH CIRCUIT
	5:30pm	6:30pm	YOGA with Bailey (No Class Oct 1)
Thursday	9:15am	10:10am	PILATES INTERMEDIATE
	10:30am	11:25am	PILATES INTERMEDIATE
	12:00pm	1:00pm	PILATES ESSENTIALS
	5:30pm	6:25pm	CARDIO STRENGTH CIRCUIT
Friday	9:00am	10:00am	CARDIO STRENGTH CIRCUIT
	10:30am	11:30am	WEIGHT ROOM CIRCUIT
	12:00pm	12:50pm	STRENGTH CIRCUIT
Sunday	10:00am	11:00am	SUNDAY SPIN (Starting Oct 19)

We also offer Facility Memberships, Personal Training and Reformer Training

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