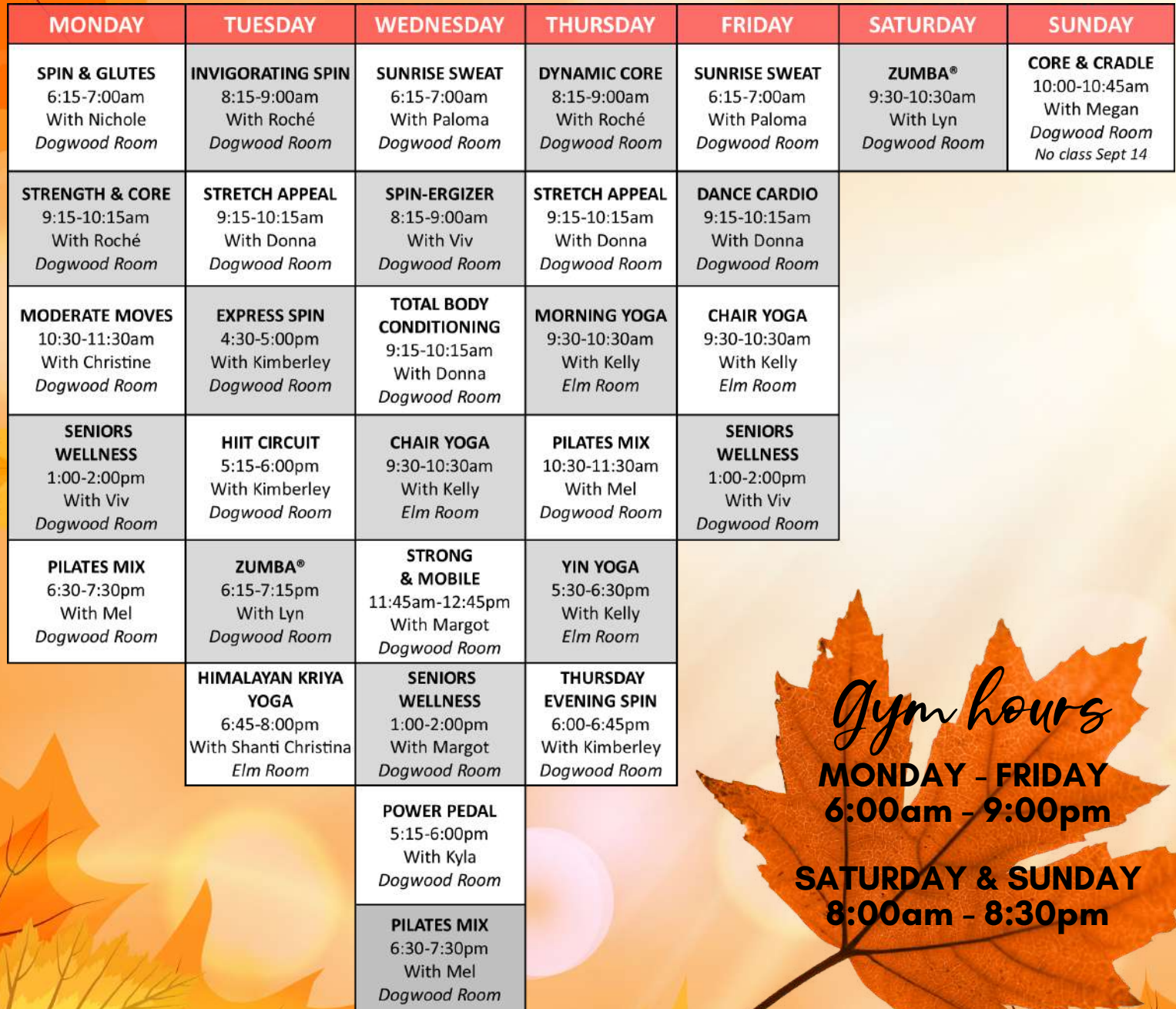


FALL Fitness

WEEKLY DROP IN FITNESS SCHEDULE BEGINNING SEPTEMBER 2 - DECEMBER 20

No classes on September 30, October 13 & November 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SPIN & GLUTES 6:15-7:00am With Nichole <i>Dogwood Room</i>	INVIGORATING SPIN 8:15-9:00am With Roché <i>Dogwood Room</i>	SUNRISE SWEAT 6:15-7:00am With Paloma <i>Dogwood Room</i>	DYNAMIC CORE 8:15-9:00am With Roché <i>Dogwood Room</i>	SUNRISE SWEAT 6:15-7:00am With Paloma <i>Dogwood Room</i>	ZUMBA® 9:30-10:30am With Lyn <i>Dogwood Room</i>	CORE & CRADLE 10:00-10:45am With Megan <i>Dogwood Room</i> <i>No class Sept 14</i>
STRENGTH & CORE 9:15-10:15am With Roché <i>Dogwood Room</i>	STRETCH APPEAL 9:15-10:15am With Donna <i>Dogwood Room</i>	SPIN-ERGIZER 8:15-9:00am With Viv <i>Dogwood Room</i>	STRETCH APPEAL 9:15-10:15am With Donna <i>Dogwood Room</i>	DANCE CARDIO 9:15-10:15am With Donna <i>Dogwood Room</i>	 Gym hours MONDAY - FRIDAY 6:00am - 9:00pm SATURDAY & SUNDAY 8:00am - 8:30pm	
MODERATE MOVES 10:30-11:30am With Christine <i>Dogwood Room</i>	EXPRESS SPIN 4:30-5:00pm With Kimberley <i>Dogwood Room</i>	TOTAL BODY CONDITIONING 9:15-10:15am With Donna <i>Dogwood Room</i>	MORNING YOGA 9:30-10:30am With Kelly <i>Elm Room</i>	CHAIR YOGA 9:30-10:30am With Kelly <i>Elm Room</i>		
SENIORS WELLNESS 1:00-2:00pm With Viv <i>Dogwood Room</i>	HIIT CIRCUIT 5:15-6:00pm With Kimberley <i>Dogwood Room</i>	CHAIR YOGA 9:30-10:30am With Kelly <i>Elm Room</i>	PILATES MIX 10:30-11:30am With Mel <i>Dogwood Room</i>	SENIORS WELLNESS 1:00-2:00pm With Viv <i>Dogwood Room</i>		
PILATES MIX 6:30-7:30pm With Mel <i>Dogwood Room</i>	ZUMBA® 6:15-7:15pm With Lyn <i>Dogwood Room</i>	STRONG & MOBILE 11:45am-12:45pm With Margot <i>Dogwood Room</i>	YIN YOGA 5:30-6:30pm With Kelly <i>Elm Room</i>			
	HIMALAYAN KRIYA YOGA 6:45-8:00pm With Shanti Christina <i>Elm Room</i>	SENIORS WELLNESS 1:00-2:00pm With Margot <i>Dogwood Room</i>	THURSDAY EVENING SPIN 6:00-6:45pm With Kimberley <i>Dogwood Room</i>			
		POWER PEDAL 5:15-6:00pm With Kyla <i>Dogwood Room</i>				
		PILATES MIX 6:30-7:30pm With Mel <i>Dogwood Room</i>				

Gym hours

**MONDAY - FRIDAY
6:00am - 9:00pm**

**SATURDAY & SUNDAY
8:00am - 8:30pm**

FALL Fitness

CLASS DESCRIPTIONS

CLASS	DESCRIPTION
CHAIR YOGA	Improve balance, strength and mobility by practicing yoga movements with the assistance of a chair. This class is ideal for those with lower mobility, recovering from injury or those just looking for a gentle yoga class without getting down on the floor.
CORE & CRADLE	Reconnect with your body and boost your strength in this supportive postnatal fitness class, designed for parents up to 2 years postpartum. You'll focus on bodyweight strength, core stability, flexibility, and gentle cardio—all tailored to help you rebuild safely and confidently. Bond with your baby, connect with other new parents, and enjoy moving together in a welcoming environment. All fitness levels are welcome. For safety reasons, we kindly ask that only pre-mobile babies attend.
DANCE CARDIO	A dynamic way to dance your way to a good cardio workout. Increase muscle strength and stamina, improve flexibility, balance and blood flow. Groove to the music and let your inner goddess glow.
DYNAMIC CORE	This class draws from Yoga, Pilates, and Barre styles of practice to bring attention to movement and mobility. Proper breathing exercises will help you incorporate the core appropriately to support your back and resistance bands and soft balls will help guide and focus the exercise for a stronger mind body awareness. Participants will need to be able to do floor work.
NEW! EXPRESS SPIN	Offering a quick, post-workday sweat, this 30-minute spin has everything you want including hills, intervals, sprints, recovery and good music. This class is suitable for all levels.
NEW! HIIT CIRCUIT	Push your limits and power through with HIIT Circuit—a fast-paced, high-intensity workout that combines cardio, strength, and functional training in timed intervals. You'll rotate through a variety of stations using bodyweight, weights, and other equipment to challenge your whole body.
NEW! HIMALAYAN KRIYA YOGA	Experience the transformative and healing effects of an integrated Kriya yoga practice including asana, pranayama, mantra, mudra and meditation. Enliven and enlighten the physical, mental and spiritual layers of your being by aligning body, mind and spirit. This integrated yogic practice is very healing as it cleanses, detoxifies, rejuvenates, inspires, uplifts and expands consciousness from within. All levels welcome.
INVIGORATING SPIN	Start your day with an invigorating spin class! With a mix of spin drill and upper body exercises off the bike, participants can expect a great workout!
MODERATE MOVES	Featuring moderate cardio and optional power moves, this class is suitable for beginner to seasoned alike. Various equipment is used to strengthen and stretch the body, focusing on controlled quality movements.
MORNING YOGA	This beginner friendly class incorporates a variety of yoga styles to give you a gentle workout that satisfies the mind, body, and soul.
PILATES MIX	Pilates helps to create functional movement patterns that transfer and benefit us in everyday life while Barre moves add repetition and target specific muscle groups. This mat focused class has an emphasis on alignment and stability and is open to all fitness levels.
NEW! POWER PEDAL	Ready to ride? Power Pedal is a high-energy spin class that blends pumping music, fast-paced intervals, and hill climbs to keep your heart racing and legs burning—in the best way! Whether you're chasing that endorphin rush or just looking to sweat it out with a great crew, this class is all about power, rhythm, and fun. No experience needed—just bring your energy!
SENIORS WELLNESS	This class will combine safety, mobility, flexibility, and balance exercises including mild aerobic routines for seniors. Meet new acquaintances and re-new old friendships.
SPIN-ERGIZER	Come ride with us! This mid-week energizer is a fun, self-pacing workout. Welcome to all participants from beginner to advanced. Adjust your own bike tension for a ride with motivations, music, and easy drills.
SPIN & GLUTES	Kickstart your week with a powerful combo of cardio and strength in this early morning energizer! Spin & Glutes blends high-energy cycling intervals with targeted lower body work to fire up your legs and glutes, boost your endurance, and get your heart pumping. It's the perfect way to start your Monday strong, break a sweat, and set the tone for the week ahead. Rise, ride, and feel the burn!
STRETCH APPEAL	This stretch class will move through core-challenging movements incorporating breath and balance to elongate and strengthen. You will leave relaxed and taller.
STRONG & MOBILE	This is a basic entry-level class. Perfect for people with osteoporosis, arthritis, muscle loss or recovering from injuries. This class combines strength work with mobility/flexibility work and balance to improve posture and functional movement.
SUNRISE SWEAT	Sunrise Sweat is a high-energy 45-minute class seamlessly blending strength training and aerobic exercises for an invigorating start to your day. Open to all fitness levels.
NEW! THURSDAY EVENING SPIN	A mix of hills and drills, strength and endurance, all to the beat of great music. This is an excellent way to wind down from your day
TOTAL BODY CONDITIONING	This complete workout is designed to strengthen the legs, arms and core while increasing flexibility and cardio stamina. This class uses a variety of equipment such as dumbbells, bands and steps, making it a great total body workout for men and women of any fitness level!
YIN YOGA	Yin Yoga is a slow-paced practice with long deep holds to enhance mobility and flexibility by targeting your deep connective tissue. Excellent for stress release and overall mental health. All levels welcome!
ZUMBA®	This is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.