



Fitness Class Schedule 2026

Time	Mon	Tues	Wed	Thurs	Fri	
6:00 AM		Cardio Drumming 5:35 am – 6:20 am FR		Cardio Drumming 5:35 am – 6:20 am FR		
8:00 am	Chisel and Chat 8:00 am – 8:45 am FR		Chisel and Chat 8:00 am – 8:45 am FR		Chisel and Chat 8:00 am – 8:45 am FR	
9:00 am	Total Body Conditioning 9:00 am – 10:00 am FR	Aquacize 8:45 am – 9:45 am Pool	Yoga 9:00 am – 10:00 am FR	Silver Sneakers Cardio 9:00 am – 9:45 am CR	Total Body Conditioning 9:00 am – 10:00 am FR	Aquacize 8:45 am – 9:45 am Pool
10:00 am	Sliver Sneakers Chair Yoga 10:10 am – 11:10 am CR	Silver Sneakers Classic 10:00 am – 10:45 am CR	Silver Sneakers Chair Yoga 10:10 am – 11:10 am CR	Silver Sneakers Classic 10:00 am – 10:45 am CR	Silver Sneakers Chair Yoga 10:10 am – 11:10 am CR	
12:00pm		Karate 12:00 FR		Karate 12:00 FR		
5:00 pm	Body Works 5:00pm-5:45pm FR	Zumba 5:15pm-6:00 pm FR	Body Works 5:00pm-5:45pm FR	Zumba 5:15pm-6:00 pm FR		
6:00 pm		Yoga 6:15 pm – 7:15 pm FR	Karate 6:00-7:00 PM FR	Yoga 6:15 pm – 7:15 pm FR	SUN Karate 1 PM FR	