

**September 8, 2026 to October 31, 2026**

# Early Fall Group Fitness Schedule

## **Mondays**

12:05 p.m. to 12:50 p.m. • *Balance & Build* with Kira  
5:15 p.m. to 6:00 p.m. • *StrongSpin* with Kira  
6:15 p.m. to 7:15 p.m. • *Yin Yoga* with Nicole

## **Tuesdays**

11:00 a.m. to 11:45 a.m. • *BYOBaby Fitness* with Kira  
12:05 p.m. to 12:50 p.m. • *Strength Foundations* with Kira  
5:15 p.m. to 6:00 p.m. • *Essentrics Standing and Barre*

## **Wednesdays**

9:30 a.m. to 10:30 a.m. • *Rooted Mind and Body* with Nikki  
5:15 p.m. to 6:05 p.m. • *Zumba Rush* with Karthika

## **Thursdays**

10:00 a.m. to 10:45 a.m. • *Essentrics* with Sharron  
11:00 a.m. to 11:45 a.m. • *Chair Yoga* with Sharron  
12:05 p.m. to 12:50 p.m. • *Pilates* with Sharron

## **Fridays**

12:05 p.m. to 12:50 p.m. • *Circuit Fit* with Kira  
1:15 p.m. to 2:00 p.m. • *Baby Bloom* with Kira

**\*\*\*Refer to all individual class posters for schedule adjustments\*\*\***

**Classes are free for members with 3/6/12 month memberships  
All participants must check-in with front desk prior to class**