



GET MOVING WITH YOUR FAVORITE TRAINERS

Group Fitness Class Schedule | September 2026

MONDAY

8:00 am - 8:50 am - MOBILITY STRETCH - MIRIAM
9:00 am - 9:50 am - CROSS TRAINING - CAROLINA
10:00 am - 11:00 am - SILVER POWER - CAROLINA
5:30 pm - 6:20 pm - CIRCUIT TRAINING - MIRIAM

TUESDAY

8:00 am - 8:50 am - TAI STRETCH - MANNY
9:00 am - 9:50 am - YOGA FLOW - JOEY
10:00 am - 10:50 am - PILATES SCULPT - CARY
5:30 pm - 6:20 pm - SPIN & TONE - CAROLINA

WEDNESDAY

8:00 am - 8:50 am - MOBILITY STRETCH - MIRIAM
9:00 am - 9:50 am - SPIN & CORE - MIRIAM
10:00 am - 10:50 am - YOGALATES - MIRIAM
5:30 pm - 6:20 pm - CIRCUIT TRAINING - MIRIAM

THURSDAY

8:00 am - 8:50 am - TAI STRETCH - MANNY
9:00 am - 9:50 am - YOGA FLOW - JOEY
10:00 am - 10:50 am - PILATES SCULPT - CARY
5:30 pm - 6:20 pm - SPIN & TONE - CAROLINA

FRIDAY

8:00 am - 8:50 am - TAI STRETCH - MANNY
9:00 am - 9:50 am - PILATES FUSION - MIRIAM

SATURDAY

9:00 am - 9:50 am - CIRCUIT TRAINING - CAROLINA
10:00 am - 10:50 am - OPTIMAL PILATES - CARY

YOGA FLOW

A practice for all levels, unifying the body, mind & spirit, while strengthening the body, improving flexibility & balance.

TAI STRETCH

Sometimes described as “meditation in motion”, this gentle method has proven to enhance flexibility, balance and muscle strength. An experience that will improve your quality of life.

PILATES SCULPT

Strengthen, tone, and define from head to toe with precise, controlled Pilates movements—using bodyweight or small apparatus.

PILATES FUSION

A fun, beat-driven workout blending Barre and Functional Pilates for a full-body sculpt that leaves you strong, sleek, and energized.

CIRCUIT TRAINING

A functional circuit of bodyweight and equipment to boost strength and stamina—leaving you powerful, energized, and resilient.

SPIN & TONE

Ride through hills, sprints, and intervals, then finish strong by targeted toning exercises —leaving you energized, empowered, and unstoppable.

SILVER POWER

A heart-boosting walk paired with strength and balance training—keeping you active, strong, and confident.