

GROUP X CLASS SCHEDULE



SPIN CLASS

MIND/BODY

CARDIO/STRENGTH

SILVER SNEAKERS

SHIRLEY JAN-MAY 2026

MON

TUE

WED

THU

FRI

SAT

MORNING

AFTERNOON / EVENING

	5:45  Studio 2- Michele		5:45  Studio 2- Jennica		
				8:30  Studio 2- Jennica	8:30  Studio 2- Kim
9:30  Studio 2- Renae	9:30  Studio 2- Elizabeth	9:00 UniqueXpress ENCORE 30 Studio 1- Danielle	9:30  Studio 2- Christine	9:30 PILATES Studio 1- Paris	9:30 TOTAL BODY Studio 1- Kim
	9:30  Studio 1- Maritza	9:30 MAX BURN Studio 1- Danielle	9:30 Step & Tone Studio 1- Kim		
10:30 TOTAL BODY Studio 1- Renae	10:30 INTERVAL INSANITY Studio 1- Elizabeth	10:30 YOGA Studio 1- Jaclyn	10:30 TOTAL BODY Studio 1- Kim	10:30  Studio 1- Maritza	
	11:30 SILVER SNEAKERS Studio 1- Laura		11:30 SILVER SNEAKERS Studio 1- Kim		
					SUN
					MORNING
5:30 TOTAL BODY Studio 1- Elizabeth	5:30 STEP & TONE Studio 1- Jen H	5:30 TOTAL BODY Studio 1- Elizabeth			8:00  Studio 2- Michele
6:30  Studio 2-Elizabeth		6:30  Studio 2- Elizabeth		6:30 HAPPY HOUR HIP HOP! Studio 1-Treena	9:00  Studio 1- Treena
6:30  Studio 1- Nicole	6:30 YOGA Studio 1-Erik	6:30  Studio 1-Maritza	6:30 MAX BURN Studio 1-Sue		10:00 BARRE FUSION Studio 1-Jen H

RESERVATIONS REQUIRED FOR ALL CLASSES

GROUP X CLASS SCHEDULE

JAN-MAY 2026*



* SOME CLASSES LISTED ARE NOT ON CURRENT SCHEDULE *

SILVER SNEAKERS	Classic -Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support.
CARDIO & STRENGTH BASED CLASSES	
ZUMBA™	Are you ready to dance yourself into shape? An exhilarating, effective, easy-to-follow, latin-inspired, calorie burning dance fitness party. It never was so much fun to lost weight!
INTERVAL INSANITY	An insane interval workout that involves alternating high intensity exercises with low intensity strength training to build endurance and burn insane calories. Brave enough to face the insanity?
TOTAL BODY	Combine muscle conditioning with light cardio to boost your metabolism, burn calories and lose weight. Sculpt and tone your entire body using free weights, body bars, barbells, medicine balls, stability balls, bosu balls, resistance bands and kettle bells. Class varies per instructor...never the same workout!
STEP & TONE	A high-energy step and strength workout designed to improve cardio endurance, coordination, and lower-body strength while toning the entire body. Interval-based training alternates step combinations with weight work to boost calorie burn and build lean muscle. Suitable for all fitness levels with modification options available.
HAPPY HOUR HIP HOP!	Happy hour just got a whole lot more exciting! Join us for Happy Hour Hip-Hop, the class that brings the energy, rhythm, and fun of a dance party to your fitness routine. This high-energy workout combines the best of hip hop, reggaeton, R&B, reggae, and more to get your body moving and your spirit soaring. No dance experience required!
MAX BURN	Max Burn training is designed to build muscle and scorch body fat utilizing specific training intervals that will torch those calories. But don't worry - there is recovery, too!
UNIQUEEXPRESS ENCORE 30	Power up your core using stability ball, weights and more for a total body workout! During this 30 minute workout, you will improve strength, increase flexibility and core stability and enhance posture while improving muscle tone for a longer, leaner physique. You will leave feeling powerful!
SPINNING CLASSES	
SPINNING	This is a 45 or 60 min ride. Spinning classes can burn anywhere from 600-1000 calories depending on the intensity of the instructor and the amount that you push yourself. It relies on a combination of fast-paced cycling and strategic lighter rest intervals to get you recovered for the next burst. This ride will improve your endurance and muscular strength through low impact/high intensity work sure to leave you drenched in sweat, yet inspired to come back for more!
MIND / BODY BASED CLASSES	
YOGA	A regular yoga practice will help transform your mind and body, ultimately helping you find inner calmness and peace. Enhance your strength, balance, flexibility and stability. Leave feeling stronger and more centered.
POP-PILATES	POP Pilates is where strength meets flexibility. Think highly-focused movements that leave your body toned and transformed. This isn't your average workout. It's a dance on the mat.

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