

GROUP FITNESS CLASS SCHEDULE

as of January 21, 2025



MONDAY

8A SMALL GROUP

Tommy

9:00A SHINE & UPLIFT

Amy

11:30A FLOW MOVEMENT

Kyra

5:30P ZUMBA

Maggie

6:30P UPLIFT STRENGTH & FITNESS

Amy

TUESDAY

9:00A SPIN BIKE CLASS

Joan

6:15P UPLIFT STRENGTH & FITNESS

Amy

WEDNESDAY

8A SMALL GROUP

Tommy

9:00A SHINE & UPLIFT

Amy

5:30P FIT TO FIGHT

Troy

THURSDAY

9:00A SPIN BIKE CLASS

Joan

10:30A STRETCHING

Drew

6P AFRICAN DANCE

Kyra

FRIDAY

8A SMALL GROUP

Tommy

9:00A SILVER SHOES

Tommy

SATURDAY

9A PRIMAL MOVEMENTS

Tommy

10:00A STRETCHING

Tommy

