

# Winter 2026 Group Fitness Classes

## Sunday

**O** 9-10:00  
MELT

**O** 10:15-11:15  
Zumba

**O** 2-3:00  
Gentle Yoga

**O** 4-5:00  
Gentle Yoga

**M** 6-6:45  
MX4

**M** 7-7:45  
Athletic Legs

## Monday

**M** 6:30-7:30  
Strength

**M** 7:45-8:45  
Metabolic

**M** 9:15-10:15  
Pump

**O** 10-11:00  
Gentle Yoga

**M** 12-1:15  
MX4 Advanced

**M** 4:30-5:15  
MX4

**O** 5:30-6:30  
Zumba

**M** 5:30-6:30  
Strength

**F** 6:30-7:30  
Fitness Mezz  
FAQ

## Tuesday

**O** 8:30-9:30  
Hatha Yoga

**M** 10-11:00  
Balance &  
Weights

**O** 10-11:00  
Tai Chi

**M** 11-11:45  
MX4

**M** 12-1:00  
Kettlebell

**O** 4-5:00  
Adult Dance  
for All

**O** 5:15-6:00  
Jump Rope  
Freestyle

**M** 5:30-6:30  
Strength

## Wednesday

**M** 7:45-8:45  
Metabolic

**M** 10-11:00  
Coach's  
Choice

**M** 12-12:45  
MX4

**M** 4:30-5:45  
MX4 Advanced

**O** 5:30-6:30  
Zumba

## Thursday

**O** 8:30-9:30  
Hatha Yoga

**M** 9:15-10:15  
Pump

**O** 10-11:00  
Tai Chi

**M** 11-11:45  
MX4

**M** 12-12:50  
Noon Fit

**M** 5:30-6:30  
Strength

## Friday

**M** 6:30-7:30  
Metabolic

**M** 7:45-8:45  
Strength

**M** 12-12:30  
Lunch Crunch

**O** 12:15-1:30  
Flow Yoga

**M** 4-5:00  
MELT

**O** 4-5:00  
Youth Dance  
for All

**O** 5:30-6:30  
Zumba

## Saturday

**M** 8-9:00  
Strength

**M** 9:15-10:15  
Pump

**M** 10:30-11:30  
Pilates

**O** 11:30-12:15  
Jump Rope  
Freestyle

**O** 2-3:00  
Gentle Yoga

**O** 4-5:00  
Gentle Yoga

**M** 7-7:45  
Core Corrective

**O** Included in  
Membership

**F** Fitness Mezzanine

**O** Owen Studio

**R** Raven Peak Studio

**M** Moran Studio

**●** Fee-Based  
Classes (\$)

Fee-Based Classes:  
\$8 + membership scan  
\$20 non member



Check online for programs. Holiday Hours (no classes) - 10 AM - 6 PM on Jan. 19, Feb. 16