

FITNESS CLASS SCHEDULE

Water Fitness Classes in BLUE

Classes Held in the Spin Room in RED

Classes Held in Shoemake Hall in Grey

Classes Held in the TRX Room in GREEN

Classes Held in the Gymnasium in PURPLE

Classes Held in the Cardio Room in ORANGE

Classes Held in the Aerobics Room in BLACK

MONDAY		TUESDAY	
8:30 am	Body Works (Heather)	Pilates (Nancy)	7:00am
4:30 pm	Spin & Tone (Angie) Please pre-register	Pilates (Video)	8:30am
5:30 pm	Spin (Rod) Please pre-register	Water Walking (Pat)	8:30am
		Hydro Tone (Diane)	9:30am
		Running Clinic (Brenda)	5:30pm
WEDNESDAY		THURSDAY	
8:30 am	Hydro Tone	Pilates (Video)	8:30am
8:30 am	Body Works (Heather)	Water Walking (Pat)	8:30am
9:30 am	Yoga (Sherri)	Hydro Tone (Diane)	9:30am
4:30 pm	Spin & Tone (Angie) Please pre-register	Boot Camp (Brenda)	5:30pm
FRIDAY		SATURDAY	
7:00 am	Burn/Spin (Nancy) Please pre-register		
8:30 am	Body Works (Heather)		

Effective August 17th, 2026

Please stay tuned for any pop-up classes that are taking place throughout the month!