

FITNESS SCHEDULE

October 2025 to April 2026



CLASS MINIMUM IS 2 PEOPLE

Monday

- 6am – Bootcamp (Krystal)
- 8am – Yang Style Tai Chi 24 Forms (Melodee)
- 9am – Shakin “A” Dance (Kim)
- 10am – Tone Time Strength Training (Kim)
- 11am – Bone Builder 101 (Kim)
- Noon – Step Interval (Kim)
- 4:30pm – Tone Time Strength Training (Kim)



Wednesday

- 6am – Bootcamp (Krystal)
- 9am – Dance Fusion Strength Training (Kim)
- 10am – Tone Time Strength Training (Kim)
- 11am – Bone Builder 101 (Kim)
- Noon – HIIT (Becki)
- 4:30pm – Tone Time Strength Training (Eric)



Tuesday

- 9am – Stability/Strength/Stretch (Kim)
- 10:00am – PWR! Moves (Leslie)
- 11:00am – Core Dynamics (LaShay)
- Noon – Kickbutt Kettlebells (LaShay)

Thursday

- 9am – Tone Time Strength Training (Iris)
- 10:00am – PWR! Moves (Leslie)
- 11:00am – Core Dynamics (Helen/LaShay)
- Noon – Kickbutt Kettlebells (Helen/LaShay)

Friday

- 9am - Tai Chi & Qi Gong for Health and Better Balance (Melodee)
- 10am – Tone Time Strength (Helen/Kim)
- 11am - Bone Builder 101 (Kim)
- Noon – TRX Interval (Kim)

Saturday

- 9:30am – Step Aerobics (Liz)

