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| MON | TUES | WED | THUR | FRI | SAT |
|---|---|---|--|---|---|
| 12:00PM EXPRESS REFORMER W/ CARLIE | 9:30AM BEGINNER/ INTERMEDIATE REFORMER W/ MARIA | 8:30AM WOMEN ON WEIGHTS W/ CARLIE | 9:00AM INTERMEDIATE REFORMER W/ JOYCE | 9:00AM INTERMEDIATE REFORMER W/ KYLE | 9:30AM PILATES REFORMER W/ MARIA |
| 4:15PM PILATES REFORMER W/ ALLISON | 12:00PM MIXED-LEVEL REFORMER W/ KYLE | 10:00AM MIXED-LEVEL REFORMER W/ KELLEY | 11:00AM ADAPTED REFORMER W/ KYLE | 9:30AM WOMEN ON WEIGHTS 55+ W/ KELLEY | SUN |
| 4:30PM MAX MOBILITY W/ KATY | 1:30PM PARKINSONS & STROKE WELLNESS W/ KATY | 12:00PM JUMP BOARD REFORMER W/ KELLEY | 12:00PM EXPRESS REFORMER W/ KYLE | 10:00AM INTERMEDIATE/ ADVANCED REFORMER W/ KYLE | |
| 5:30PM PRENATAL YOGA W/ KATY | 4:00PM MAMA FIT CLUB W/ ANDI | 4:30PM MAX MOBILITY W/ KATY | 1:30PM PARKINSONS & STROKE WELLNESS W/ KELLEY | 12:00PM BEGINNER REFORMER W/ KATY | |
| | 5:00PM WOMEN ON WEIGHTS W/ ANDI | 5:45PM INTERMEDIATE/ ADVANCED REFORMER W/KATY | 4:45PM INTERMEDIATE/ ADVANCED REFORMER W/ KYLE | | |
| | 5:30PM BARRE FITNESS W/ KYLE | 5:45PM STRONGHER TEEN TRAINING W/ ANDI | 5:30PM BARRE FITNESS W/ KATY | | |
| | 6:00PM PILATES REFORMER W/ OLGA | | 5:45PM BEGINNER/ INTERMEDIATE REFORMER W/ KYLE | | |
| FITNESS CENTER HOURS | | | | | |
| MONDAY-THURSDAY | | | | 5:30AM – 9PM | |
| FRIDAY | | | | 5:30AM – 6PM | |
| SATURDAY-SUNDAY | | | | 8AM – 6PM | |

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|------------------------|---------------------|
| MONDAY-THURSDAY | 5:30AM – 9PM |
| FRIDAY | 5:30AM – 6PM |
| SATURDAY-SUNDAY | 8AM – 6PM |

**SCHEDULE AS OF FEB 1, 2026**