

# Fitness Drop-In Schedule

Updated  
1/5/2026

Fitness Schedule subject to change. Please contact the front desk for up-to-date class information.

| Monday            |                       |            |
|-------------------|-----------------------|------------|
| Time              | Class                 | Instructor |
| 5:30 am–6:30 am   | Cycle                 | Jen        |
| 11:15 am–12:30 pm | Active Aging Yoga     | Adam       |
| 12:45 pm–1:45 pm  | Body Energy Direction | Marsha     |
| 5:15 pm–6 pm      | Zumba Express         | Marsha     |
| 6 pm–7 pm         | Cycle                 | Miguel     |

| Tuesday         |           |            |
|-----------------|-----------|------------|
| Time            | Class     | Instructor |
| 8:30 am–9:30 am | Zumba     | Gail       |
| 10 am–11:30 am  | Yoga      | Susanne    |
| 6 pm–7 pm       | Foam Roll | Jen        |

| Wednesday         |                   |            |
|-------------------|-------------------|------------|
| Time              | Class             | Instructor |
| 6 am–7 am         | Cycle             | Jen   Kit  |
| 8:30 am–9:30 am   | Muscle Works      | Sara       |
| 9:20 am–9:50 am   | Pilates           | Sara       |
| 10 am–11 am       | Sturdy Seniors    | Sara       |
| 11:15 am–12:30 pm | Active Aging Yoga | Amber      |
| 6:15 pm–7:05 pm   | Cycle             | Miguel     |

| Thursday          |                       |            |
|-------------------|-----------------------|------------|
| Time              | Class                 | Instructor |
| 6 am–6:45 am      | Cycle                 | Jeannie    |
| 11:30 am–12:30 pm | Zumba                 | Marsha     |
| 12:45 pm–1:45 pm  | Body Energy Direction | Marsha     |
| 5:15 pm–6:15 pm   | Zumba                 | Gail       |
| 6:15 pm–7:05 pm   | Core Strength         | Miguel     |

| Friday         |                             |                         |
|----------------|-----------------------------|-------------------------|
| Time           | Class                       | Instructor              |
| 10 am–11:30 am | Yoga                        | Susanne                 |
| 12 pm–1 pm     | Sturdy Seniors              | Mattie                  |
| 5 pm–6 pm      | 14-15 y/o Weight Room Cert. | Fitness Attendant Staff |

| Saturday          |                   |                          |
|-------------------|-------------------|--------------------------|
| Time              | Class             | Instructor               |
| 7 am–8 am         | Cycle             | <i>Alternates Weekly</i> |
| 9:30 am–10:30 am  | Zumba             | Marsha                   |
| 10:35 am–11:30 am | Zumba Bonus Round | Marsha                   |

| Sunday         |                |            |
|----------------|----------------|------------|
| Time           | Class          | Instructor |
| 12 pm–12:30 pm | Static Stretch | Mattie     |