



IN-PERSON FITNESS SCHEDULE OCTOBER 2024



MONDAY

STRENGTH & CONDITIONING =
(Fitness studio) w/ Caroline 9:30 – 10:20 AM

GET FIT =
(Gymnasium) w/ Ivy 10:00 – 11:00 AM

***TODDLER AND ME YOGA +**
(Room 402) w/ Kiyoe 10:00 – 10:45 AM

***NEW PARENT AND PRENATAL YOGA +**
(Room 402) w/ Kiyoe 11:00 – 11:45 AM

PILATES –
(Fitness studio) w/ Marissa 11:00 – 11:50 AM

MIDDAY EXERCISE =
(Fitness studio) w/ Marissa 12:00 – 12:50 PM

POWER HOUR BODY CHALLENGE ≡
(Fitness studio) w/ Tim 6:30 – 7:20 PM

CLASSICAL YOGA =
(Community Room) w/ Amrita 7:00 – 8:00 PM

TUESDAY

TAI CHI –
(Fitness studio) w/ Roberto 8:30 – 9:20 AM

HATHA YOGA =
(Fitness studio) w/ Rie 9:30 – 10:20 AM

PILATES PLUS =
(Fitness studio)
w/ Elizabeth 10:30 – 11:15 AM

STRENGTH CLASS =
(Fitness studio) w/ Elizabeth 11:30 AM – 12:15 PM

**STRONG NATION BY ZUMBA
“LUNCH CRUNCH” =**
(Fitness studio) w/ Bethany 12:30 – 1:20 PM

CARDIO BLAST ≡
(Fitness studio) w/ Tara 6:30 – 7:20 PM

POWER PILATES =
(Fitness studio) w/ Sajah 7:30 – 8:30 PM

WEDNESDAY

TAI CHI –
(Fitness studio) with Roberto 8:30 – 9:15 AM

PILATES FUSION =
(Fitness studio) w/ Jennifer 9:30 – 10:20 AM

AEROBICS W/ STRENGTH TRAINING =
(Gymnasium) w/ Ivy 10:00 – 10:50 AM

SIT 'N BE FIT –
(Fitness studio) w/ Sheila 11:00 – 11:45 AM

JUGGLING –
(Fitness studio) w/ Alice 1:30 – 2:20 PM

ZUMBA =
(Fitness studio) w/ Celeste 6:30 – 7:20 PM

PUNK ROPE ≡
(Community Room)
w/ Tim & Shana 7:00 – 7:50 PM

THURSDAY

SUNRISE YOGA =
(Roof) w/ Rie 8:15 – 9:05 AM
fitness studio after September 5

FUNCTIONAL YOGA –
(Fitness studio) w/ Amrita 10:00 – 11:00 AM

MIDDAY MOVING MEDITATION –
(Fitness studio) w/ Jennifer 12:00 – 12:50 PM

POWER PILATES =
(Fitness studio) w/ Sajah 6:15 – 7:05 PM

HIIT STRENGTH ≡
(Fitness studio) w/ Tim 7:15 – 8:00 PM

Family fitness classes are free
for 14Y members and \$35 per
session for nonmembers.

FRIDAY

YOGA BASICS –
(Fitness studio) w/ Susan 9:30 – 10:30 AM

FITNESS FRIDAY'S =
(Gymnasium) w/ Ivy 10:00 – 11:00 AM

YOUR BODY, TAKE CHARGE! –
(Fitness studio) w/ Sheila 11:00 – 11:50 AM

SATURDAY

STRETCH, FLOW, & RESTORE YOGA =
(Fitness studio) w/ Susan 9:45 – 10:45 AM

ZUMBA =
(Fitness studio) w/ Sophia 12:15 – 1:05 PM

***TODDLER AND ME YOGA +**
(Room 402) w/ Kiyoe 10:00 – 10:45 AM

***NEW PARENT AND PRENATAL YOGA +**
(Room 402) w/ Kiyoe 11:00 – 11:45 AM

SUNDAY

SUNRISE STRETCH –
(Fitness studio) w/ Liz 9:00 – 10:00 AM

BARRE =
(Fitness studio) w/ Corey 11:00 - 11:50 AM
starting September 8

ZUMBA =
(Gymnasium) w/ Celeste 12:30 – 1:15 PM

* Reservations needed

GENTLE –
INTERMEDIATE =
HIGH INTENSITY ≡
FAMILY FITNESS +