

June 2026

GROUP FITNESS



Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am		Flow Yoga -Jodie	Yoga -Jodie	Mobility&Stretch -Sé		
8:30 am	Core -Joette				Core -Joette	
9:00 am	Power Yoga -Joette	Mobility and Stretch - Jodie	Foam roll & Restore -Jodie	Flow Yoga -Sé	Power Yoga -Joette	
10:00 am	Stretch -Cassidy		Stretch -Cassidy	Strength And Core -Sé	Aqua Blast -Kay	Strength Core & Glutes -Kyle
11:00 am	Group Fitness Strength		Men's Stretch -Cassidy		Pump it up! -Kay	
12:00 pm	Aqua -Angelika					
3:30 pm			Aqua Blast -Kay			
4:30 pm			Pilates -Kay			
5:30 pm			Foam Roll+Stretch -Kay			

CLASS DESCRIPTIONS

Core | Beginner

Builds abdominal and low back strength to support stability, posture, and everyday movement.

Flow/Gentle Yoga | Beginner

A smooth, breath-connected flow that improves flexibility, balance, and overall awareness. A slow, accessible practice focused on relaxation, light movement, and deep stretching.

Power Yoga | Intermediate

A dynamic, strength-focused yoga class designed to build heat, endurance, and full-body power.

Pump it Up! | Beginner to Intermediate

An upbeat strength class using higher repetitions to build endurance and muscular tone.

Pilates | Beginner to Intermediate

A controlled, core-focused workout that improves alignment, strength, and body awareness.

Aqua Blast | Beginner to Intermediate

A low-impact water workout that builds strength and cardio fitness while being gentle on the joints.

Mobility & Stretch | Beginner

Improves joint mobility and flexibility to support ease of movement, balance and injury prevention.