NOVEMBER 2026

FITNESS SCHEDULE

STRONGER TOGETHER

BUILD STRENGTH
Build a stronger body and mind.

REDUCE STRESS
Movement helps you feel your best.

COMMUNITY
Find motivation and support.

FEEL GOOD
Stay active. Live well.

All classes are $5 Drop-in

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DANCE FITNESS 8:30AM - 9:30AM $5 Drop-in *Aimee DH*	**PILATES SCULPT** 6:00AM - 6:45AM $5 Drop-in *Chloe*	**DANCE FITNESS** 8:30AM - 9:30AM $5 Drop-in *Aimee DH*	**STRENGTH** 9:00AM - 10:00AM $5 Drop-in *Jami*	**DANCE FITNESS** 8:30AM - 9:30AM $5 Drop-in *Aimee DH*
SILVER FITNESS 9:30AM - 10:30AM $5 Drop-in *Aimee DH*	**INTRO TO BOXING** 8:00AM - 8:45AM $5 Drop-in *Darcey*	**GENTLE STRETCH** 9:30AM - 10:30AM $5 Drop-in *Aimee DH*	**GENTLE YOGA** 10:00AM - 11:00AM $5 Drop-in *Jami*	**GENTLE STRETCH** 9:30AM - 10:30AM $5 Drop-in *Aimee DH*
BEGIN. LINE DANCE 10:30AM - 11:00AM $5 Drop-in *Aimee DH*	**YOGA** 9:00AM - 10:00AM $5 Drop-in *Jami*	**SIT & STRETCH** 10:30AM - 11:30AM $5 Drop-in *Aimee DH*	**LINE DANCING** 11:15AM - 12:15PM $5 Drop-in *Betty*	
TABATA 6:00PM - 7:00PM $5 Drop-in *Tammy*	**CHAIR YOGA** 10:00AM - 11:00AM $5 Drop-in *Jami*	**CARDIO SCULPT** 6:00PM - 7:00PM $5 Drop-in *Tammy*		

We can't wait to see you!