

JUNE 2026

FITNESS CLASSES

Members can sign in to fitness classes 1 hour prior to the start to ensure their spot.



RANCH STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Power Pump MAUREEN		Power Pump LORI B.				
8:00 AM	Mobility & Motion STEVE	HIIT X MAUREEN	Tabata Fusion MAUREEN	Cross Camp CARRI	Step Aerobics JESSICA	HIIT X MAUREEN	
9:00 AM	Muscle Mix DEBBIE	Dance Cardio LORI M	Functional Strength & Core SUE	BEAT JESSICA	Muscle Mix KITTI	Cardio* ROTATION	
10:00 AM	Zumba® NORMA	G.R.I.T. JONATHAN	Zumba® NORMA	Power Pump JONATHAN	Dance Party PENNY	Yoga Flow* ROTATION	Yoga MAUREEN/MARY
11:00 AM	Yoga Flow JOE F.	Hatha Yoga MELANIE	Yoga Flow MELANIE	Yoga MAUREEN	Gentle Yoga CARRI		
1:00 PM	Punch out PD PD COACHES				United Against Parkinson's PD COACHES		
5:00 PM		Pilates Fusion MAUREEN		Primal Movement Stretch MAUREEN			
5:30 PM	GRIT JONATHAN	Zumba® NORMA	Power Pump JONATHAN		Restorative Yoga MARY JUNE 5TH ONLY		

SPIN STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM	Cycle LORI M.		Cycle LORIB.	Tai Chi/QiGong ART	Cycle MAUREEN		
9:00 AM	Primal Stretch LORI M.		PIYo Stretch SHERRE		Yoga SUZANNE	Cycle* ROTATION	Spin MAUREEN/MARY
11:00 AM				Tai Chi/QiGong ART			

POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 AM	Aqua Sculpt & Tone SUE	H2O FIT BARB	H2O FIT BARB	H2O HIIT SUE	H2O FIT BARB	H2O FIT BARB	
11:00 AM	Water Chi ART						
1:00 PM			Neuro Aqua Challenge SUE				

TRX® STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM	TRX® Healthy Joints NED	TRX® Plosion CARRI	TRX® Healthy Joints BOB		TRX® Healthy Joints BOB		
9:00 AM	TRX® Turbo SUE		TRX® Turbo MAUREEN		TRX® Turbo NATHAN		
10:00 AM							
5:00 PM	HIIT X JONATHAN		HIIT X JONATHAN				

*SATURDAY ROTATION



JUNE 6, 2026
9 AM > DANCE PARTY
 BRIDGET
9 AM > CYCLE
 MARY
10 AM > YOGA
 MARY

JUNE 13, 2026
9 AM > INTERVAL TRAINING
 MAUREEN
9 AM > CYCLE
 SCOTT
10 AM > YOGA
 SCOTT

JUNE 20, 2026
9 AM > DANCE PARTY
 PENNY
9 AM > CYCLE
 LORI B.
10 AM > YOGA
 MELANIE

JUNE 27, 2026
9 AM > DANCE
 BRIDGET
9 AM > CYCLE
 MARY
10 AM > YOGA
 MARY