



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP FITNESS FEBRUARY 2026

VALENTINE'S DAY POP-UP!!  
February 14!!!!!!  
8:00-9:30 AM ...90 Minute Spin!!  
Drop-ins welcome but space is limited.  
Text Kat 434 806 1186 to reserve.

MONDAYS	TUESDAYS	WEDNESDAYS AM Classes in Black	THURSDAYS PM Classes in Blue	FRIDAYS	SATURDAYS
<b>9:15-10:15</b> Zumba <b>10:30-11:30</b> Classic Yoga <b>11:45-12:45</b> Gentle Conditioning	<b>8:00-9:00</b> Zumba <b>9:15-10:15</b> Muscle Mania <b>10:30-11:30</b> Chair Yoga <b>11:45-12:30</b> Step Aerobics Advanced Beginners <b>2/10, 2/17, 2/24</b>	<b>6:00-6:55</b> MAS Workout *** <b>8:15-9:00</b> Barre <b>9:15-10:00</b> POUND <b>10:00-11:00</b> Balance/Stability Lower Gym	<b>9:15-10:15</b> CardioSculpt <b>10:30-11:30</b> Chair Yoga <b>11:45-12:30</b> Zumba (Cardio Express!)	<b>6:00-6:55</b> MAS Workout*** <b>9:15-10:15</b> Gentle Yoga <b>10:30-11:30</b> Yoga Fusion <b>11:45-12:45</b> Gentle Conditioning	<b>10:00-10:55</b> Tai Chi/Qigong  
<b>5:30-6:15</b> Barre <b>2/2, 2/9</b> <b>NEW !!!</b> <b>6:00-6:45</b> Boxing Conditioning <b>2/16, 2/23</b>	<b>4:25-5:10</b> Moderate Vinyasa Flow Heat-building for the physically active  <b>NEW!!!</b> <b>5:30-6:15</b> Circuit Strength <b>6:15-7:15</b> Spin	<b>4:25-5:10</b> <b>NEW!!!</b> Core Conditioning  <b>6:00-6:55</b> Zumba with Margee is back!	<b>4:25-5:10</b> Moderate Vinyasa Flow Heat-building for the physically active  <b>NEW!!!</b> <b>5:30-6:15</b> Circuit Strength <b>6:15-7:15</b> Spin	<b>5:30-6:30</b> Happy Hour Yoga with Erin Cuomo	 See the back of this page for more info!



\*\*\*MAS (Movement, Agility Strength) Workout!  
Drop-ins are welcome. To receive class  
notifications, sign up the night before at  
<https://evite.me/SdQ7tDE5Kx> or use QR code.

**Open Fitness Studio: Age 16+**  
M, T, Th (Workouts): 5:30-6:50 AM  
M, Th, F (Walking) 8:00-9:10 AM



## Try Boxing Conditioning at 6:00 PM on Mondays, starting February 16!

Would you like to up your game? Improve your conditioning?

Build your speed, reflex, energy, and improve your coordination while learning skills for self-defense!

Join us! All ages and skill levels welcome!



### NEW ON THE EVENING SCHEDULE!

**Tuesday & Thursday  
Circuit Strength and Spin**

Join instructor Natalie Hall for workouts  
that make a difference!

Each class can be attended as a stand  
alone but we encourage members to try  
attending both evenings to maximize  
the benefits that include improving  
overall health, building strength, and  
releasing endorphins to lift your spirit!

**CHILD WATCH AVAILABLE  
5-7:30!!**



### \*\*\*NEW IN FEBRUARY\*\*\* **Advanced Beginner Step Aerobics**

Students should be comfortable working  
with a 4 inch step bench, with the ability  
to shift weight cleanly on and off the  
step to the beat of the music.

Cardiovascular demand includes 30  
minutes of more or less continuous  
stepping.

**Begins the SECOND  
Tuesday in  
February at 11:45**



**Find a complete list of class offerings and descriptions  
on our website and posted in the lobby!**