



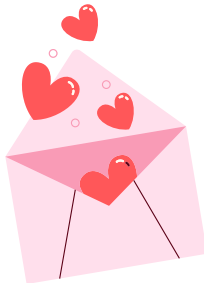


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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
9:15-10:15 Zumba 10:30-11:30 Classic Yoga 11:45-12:45 Gentle Conditioning	8:00-9:00 Zumba 9:15-10:15 Muscle Mania 10:30-11:30 Chair Yoga 11:45-12:30 Step Aerobics Advanced Beginners 2/10, 2/17, 2/24	6:00-6:55 MAS Workout *** 8:15-9:00 Barre 9:15-10:00 POUND 10:00-11:00 Balance/Stability Lower Gym	9:15-10:15 CardioSculpt 10:30-11:30 Chair Yoga 11:45-12:30 Zumba (Cardio Express!)	6:00-6:55 MAS Workout*** 9:15-10:15 Gentle Yoga 10:30-11:30 Yoga Fusion 11:45-12:45 Gentle Conditioning	10:00-10:55 Tai Chi/Qigong 
5:30-6:15 Barre 2/2, 2/9 NEW !!! 6:00-6:45 Boxing Conditioning 2/16, 2/23	4:25-5:10 Moderate Vinyasa Flow Heat-building for the physically active NEW!!! 5:30-6:15 Circuit Strength 6:15-7:15 Spin	4:25-5:10 NEW!!! Core Conditioning 6:00-6:55 Zumba with Margee is back!	4:25-5:10 Moderate Vinyasa Flow Heat-building for the physically active NEW!!! 5:30-6:15 Circuit Strength 6:15-7:15 Spin	5:30-6:30 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!!**



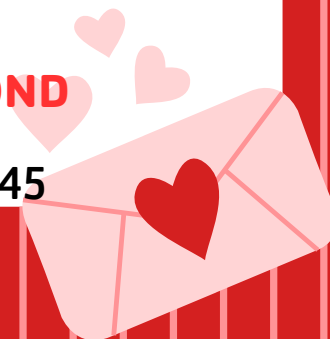
*****NEW IN FEBRUARY*****

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!**