

Fall 2026

Group Fitness Schedule



Strength



Stretch & Flow



Cardio



Mixed Format

Starting at:	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 am			Cycle	F/S Fit 45	
8:00 am	Mobility Flow	Gym Orientation**	Mobility Flow		Mobility Flow
9:00 am		Intro to Strength*		Body Weight*	
10:00 am	Ballet		Contemporary Dance		
11:00 am		F/S Fit 45		F/S Fit 45	Plyometrics* (11:30 - 12:15)
12:15 pm	F/S Fit 45				Martial Arts
1:00 pm					
2:00 pm					Juggling**
3:00 pm			Body Combat		
4:00 pm	Upper Body*	Lower Body*	Upper Body*	Lower Body*	Intro to Weight*
5:00 pm		Zumba		Zumba	Contemporary Dance
6:00 pm		Yoga	Intro to Strength*	Yoga	Ballet

*All Classes run for:
45 minutes*

F/S: Faculty and Staff

* **Progressive Class:** This designation is for classes that will increase the challenge level in order to help participants progress to new ability levels.

** **Monthly Class:** This designation is for FREE classes that will be offered once a month.
Orientation = 1st Tuesday; Juggling = 1st Thursday

