

# DROP-IN FITNESS CLASSES

May 2025

Updated May 5

| SUN | MON                                                                      | TUE                                             | WED                                                                 | THU                                             | FRI                                                               | SAT                                           |
|-----|--------------------------------------------------------------------------|-------------------------------------------------|---------------------------------------------------------------------|-------------------------------------------------|-------------------------------------------------------------------|-----------------------------------------------|
|     |                                                                          |                                                 |                                                                     | 1                                               | 2                                                                 | 3                                             |
|     |                                                                          |                                                 |                                                                     | 9:30 - 10:30 AM<br>Easy Adult Fitness<br>Gloria |                                                                   | 9:30 - 10:20 AM<br>Stride & Strength<br>Cindy |
|     |                                                                          |                                                 |                                                                     | 12:15 - 12:45 PM<br>Get Ripped<br>Suzie         | 12:15 - 12:45 PM<br>Yoga<br>Josie                                 |                                               |
|     |                                                                          |                                                 |                                                                     |                                                 | 1:00 - 2:00 PM<br>Light Adult Fitness<br>Ripped & Cardio<br>Josie |                                               |
|     |                                                                          |                                                 |                                                                     | 5:30 - 6:20 PM<br>Step Into Fitness<br>Cindy    | 5:30 - 6:20 PM<br>Strength Core & Balance<br>Cindy                |                                               |
| 4   | 5                                                                        | 6                                               | 7                                                                   | 8                                               | 9                                                                 | 10                                            |
|     |                                                                          | 9:30 - 10:30 AM<br>Easy Adult Fitness<br>Gloria |                                                                     | 9:30 - 10:30 AM<br>Easy Adult Fitness<br>Gloria |                                                                   | 9:30 - 10:20 AM<br>Stride & Strength<br>Cindy |
|     | 12:15 - 12:45 PM<br>Spin<br>Suzie                                        | 12:15 - 12:45 PM<br>Core Workout<br>Suzie       | 12:15 - 12:45 PM<br>Circuit Training<br>Suzie                       | 12:15 - 12:45 PM<br>Get Ripped<br>Josie         | 12:15 - 12:45 PM<br>Yoga<br>Josie                                 |                                               |
|     | 1:00 - 2:00 PM<br>Light Adult Fitness<br>Pound Rockout Workout<br>Gloria |                                                 | 1:00 - 2:00 PM<br>Light Adult Fitness<br>Spin Interval<br>Zirkia    |                                                 | 1:00 - 2:00 PM<br>Light Adult Fitness<br>Cardio/Core<br>Josie     |                                               |
|     | 5:30 - 6:20 PM<br>Speed Walk & Weights<br>Zirkia                         | 5:30 - 6:20 PM<br>Yoga<br>Suzie                 | 5:30 - 6:00 PM<br>30 Min Spin<br>Shay                               | 5:30 - 6:20 PM<br>Body Sculpt<br>Cindy          | 5:30 - 6:20 PM<br>Strength Core & Balance<br>Cindy                |                                               |
| 11  | 12                                                                       | 13                                              | 14                                                                  | 15                                              | 16                                                                | 17                                            |
|     |                                                                          | 9:30 - 10:30 AM<br>Easy Adult Fitness<br>Gloria |                                                                     | 9:30 - 10:30 AM<br>Easy Adult Fitness<br>Gloria |                                                                   | 9:30 - 10:20 AM<br>Stride & Strength<br>Cindy |
|     | 12:15 - 12:45 PM<br>Spin<br>Josie                                        | 12:15 - 12:45 PM<br>Core Workout<br>Suzie       | 12:15 - 12:45 PM<br>Circuit Training<br>Josie                       | 12:15 - 12:45 PM<br>Get Ripped<br>Suzie         | 12:15 - 12:45 PM<br>Yoga<br>Josie                                 |                                               |
|     | 1:00 - 2:00 PM<br>Light Adult Fitness<br>Urban Poling<br>Gloria          |                                                 | 1:00 - 2:00 PM<br>Light Adult Fitness<br>Toned & Stretch<br>Zirkia  |                                                 | 1:00 - 2:00 PM<br>Light Adult Fitness<br>Zumba<br>Zirkia          |                                               |
|     | 5:30 - 6:20 PM<br>Speed Walk & Weights<br>Zirkia                         | 5:30 - 6:20 PM<br>Yin Yoga<br>Josie             | 5:30 - 6:00 PM<br>30 Min Spin<br>Suzie                              | 5:30 - 6:20 PM<br>Kickboxing<br>Cindy           | 5:30 - 6:20 PM<br>Strength Core & Balance<br>Cindy                |                                               |
| 18  | 19                                                                       | 20                                              | 21                                                                  | 22                                              | 23                                                                | 24                                            |
|     |                                                                          | 9:30 - 10:30 AM<br>Easy Adult Fitness<br>Gloria |                                                                     | 9:30 - 10:30 AM<br>Easy Adult Fitness<br>Gloria |                                                                   | 9:30 - 10:20 AM<br>Stride & Strength<br>Cindy |
|     |                                                                          | 12:15 - 12:45 PM<br>Core Workout<br>Josie       | 12:15 - 12:45 PM<br>Circuit Training<br>Josie                       | 12:15 - 12:45 PM<br>Get Ripped<br>Suzie         | 12:15 - 12:45 PM<br>Yoga<br>Suzie                                 |                                               |
|     | NO CLASSES                                                               |                                                 | 1:00 - 2:00 PM<br>Light Adult Fitness<br>Ripped & Stretch<br>Zirkia |                                                 | 1:00 - 2:00 PM<br>Light Adult Fitness<br>Track Interval<br>Zirkia |                                               |
|     |                                                                          | 5:30 - 6:20 PM<br>Yoga<br>Suzie                 | 5:30 - 6:00 PM<br>30 Min Spin<br>Josie                              | 5:30 - 6:20 PM<br>Step Into Fitness<br>Cindy    | 5:30 - 6:20 PM<br>Get Ripped<br>Zirkia                            |                                               |
| 25  | 26                                                                       | 27                                              | 28                                                                  | 29                                              | 30                                                                | 31                                            |
|     |                                                                          | 9:30 - 10:30 AM<br>Easy Adult Fitness<br>Gloria |                                                                     | 9:30 - 10:30 AM<br>Easy Adult Fitness<br>Gloria |                                                                   | 9:30 - 10:20 AM<br>Stride & Strength<br>Cindy |
|     | 12:15 - 12:45 PM<br>Spin<br>Josie                                        | 12:15 - 12:45 PM<br>Core Workout<br>Suzie       | 12:15 - 12:45 PM<br>Circuit Training<br>Suzie                       | 12:15 - 12:45 PM<br>Get Ripped<br>Josie         | 12:15 - 12:45 PM<br>Yoga<br>Josie                                 |                                               |
|     | 1:00 - 2:00 PM<br>Light Adult Fitness<br>Zumba<br>Gloria                 |                                                 | 1:00 - 2:00 PM<br>Light Adult Fitness<br>Toned & Stretch<br>Zirkia  |                                                 | 1:00 - 2:00 PM<br>Light Adult Fitness<br>Ripped & Yoga<br>Suzie   |                                               |
|     | 5:30 - 6:20 PM<br>Speed Walk & Weights<br>Zirkia                         | 5:30 - 6:20 PM<br>Yin Yoga<br>Josie             | 5:30 - 6:00 PM<br>30 Min Spin<br>Suzie                              | 5:30 - 6:20 PM<br>Body Sculpt<br>Cindy          | 5:30 - 6:20 PM<br>Strength Core & Balance<br>Cindy                |                                               |