

DROP-IN FITNESS CLASSES

September 2025

Updated Sept 8

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