

DROP-IN FITNESS CLASSES

June 2025
Updated June 4

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
		9:30 - 10:30 AM Easy Adult Fitness Gloria		9:30 - 10:30 AM Easy Adult Fitness Gloria		9:30 - 10:20 AM Stride & Strength Cindy
	12:15 - 12:45 PM Spin Josie	12:15 - 12:45 PM Core Workout Suzie	12:15 - 12:45 PM Yoga Josie	12:15 - 12:45 PM Get Ripped Josie		
	1:00 - 2:00 PM Light Adult Fitness Pound Rockout Workout Gloria		1:00 - 2:00 PM Light Adult Fitness Spin Interval Zirkia		1:00 - 2:00 PM Light Adult Fitness Stride & Strength Cindy	
	5:30 - 6:20 PM Speed Walk & Weights Suzie	5:30 - 6:20 PM Yoga Josie	5:30 - 6:00 PM 30 Min Spin Shay	5:30 - 6:20 PM Kickboxing Cindy	5:30 - 6:20 PM Strength Core & Balance Cindy	
8	9	10	11	12	13	14
		9:30 - 10:30 AM Easy Adult Fitness Gloria		9:30 - 10:30 AM Easy Adult Fitness Gloria		9:30 - 10:20 AM Stride & Strength Cindy
	12:15 - 12:45 PM Spin Josie	12:15 - 12:45 PM Core Workout Shelly	12:15 - 12:45 PM Circuit Training Shelly	12:15 - 12:45 PM Get Ripped Shelly		
	1:00 - 2:00 PM Light Adult Fitness Urban Poling Gloria		1:00 - 2:00 PM Light Adult Fitness Ripped & Stretch Zirkia		1:00 - 2:00 PM Light Adult Fitness Zumba Zirkia	
	5:30 - 6:20 PM Speed Walk & Weights Zirkia	5:30 - 6:20 PM Yoga Josie	5:30 - 6:00 PM 30 Min Spin Josie	5:30 - 6:20 PM Step Into Fitness Cindy	5:30 - 6:20 PM Strength Core & Balance Cindy	
15	16	17	18	19	20	21
		9:30 - 10:30 AM Easy Adult Fitness Gloria		9:30 - 10:30 AM Easy Adult Fitness Gloria		9:30 - 10:20 AM Stride & Strength Cindy
	12:15 - 12:45 PM Spin Josie	12:15 - 12:45 PM Core Workout Shelly	12:15 - 12:45 PM Yoga Josie	12:15 - 12:45 PM Get Ripped Josie		
	1:00 - 2:00 PM Light Adult Fitness Yoga Gloria		1:00 - 2:00 PM Light Adult Fitness Toned & Stretch Zirkia		1:00 - 2:00 PM Light Adult Fitness Track Interval Zirkia	
	5:30 - 6:20 PM Speed Walk & Weights Zirkia	5:30 - 6:20 PM Yoga Josie	5:30 - 6:00 PM 30 Min Spin Josie	5:30 - 6:20 PM Body Sculpt Cindy	5:30 - 6:20 PM Get Ripped Zirkia	
22	23	24	25	26	27	28
		9:30 - 10:30 AM Easy Adult Fitness Gloria		9:30 - 10:30 AM Easy Adult Fitness Gloria		9:30 - 10:20 AM Stride & Strength Cindy
	12:15 - 12:45 PM Spin Josie	12:15 - 12:45 PM Core Workout Shelly	12:15 - 12:45 PM Yoga Josie	12:15 - 12:45 PM Get Ripped Josie		
	1:00 - 2:00 PM Light Adult Fitness Zumba Gloria		1:00 - 2:00 PM Light Adult Fitness Ripped & Stretch Zirkia		1:00 - 2:00 PM Light Adult Fitness Stride & Strength Cindy	
	5:30 - 6:20 PM Speed Walk & Weights Zirkia	5:30 - 6:20 PM Yoga Josie	5:30 - 6:00 PM 30 Min Spin Shay	5:30 - 6:20 PM Kickboxing Cindy	5:30 - 6:20 PM Strength Core & Balance Cindy	
29	30					
	12:15 - 12:45 PM Spin Josie					
	1:00 - 2:00 PM Light Adult Fitness Pound Rockout Workout Gloria					
	5:30 - 6:20 PM Speed Walk & Weights Zirkia					