



## DROP-IN FITNESS CLASSES

**February 2026**  
Updated Feb 12

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