

DROP-IN FITNESS CLASSES

January 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
				NO CLASSES		9:30 - 10:20 AM Stride & Strength Cindy
					12:15 - 12:45 PM Yoga Josie	
					1:00 - 2:00 PM Light Adult Fitness Cardio Mix Josie	
					5:30 - 6:20 PM Strength Core & Balance Cindy	
4	5	6	7	8	9	10
		9:30 - 10:30 AM Easy Adult Fitness Zirkia		9:30 - 10:30 AM Easy Adult Fitness Suzie		9:30 - 10:20 AM Stride & Strength Cindy
	12:15 - 12:45 PM Spin Suzie	12:15 - 12:45 PM Pilates Josie	12:15 - 12:45 PM Circuit Training Suzie	12:15 - 12:45 PM Get Ripped Josie	12:15 - 12:45 PM Yoga Suzie	
	1:00 - 2:00 PM Light Adult Fitness Ripped & Cardio Suzie		1:00 - 2:00 PM Light Adult Fitness Spin Interval Zirkia		1:00 - 2:00 PM Light Adult Fitness Ripped & Yoga Suzie	
	5:30 - 6:20 PM Zumba Zirkia	5:30 - 6:20 PM Yoga Suzie	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	
11	12	13	14	15	16	17
		9:30 - 10:30 AM Easy Adult Fitness Zirkia		9:30 - 10:30 AM Easy Adult Fitness Suzie		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 Spin Josie	12:15 - 12:45 PM Get Ripped Suzie	12:15 - 12:45 PM Yoga Suzie	
	1:00 - 2:00 PM Light Adult Fitness Zumba Zirkia		1:00 - 2:00 PM Light Adult Fitness Toned & Yoga Zirkia		1:00 - 2:00 PM Light Adult Fitness Track Interval Suzie	
	5:30 - 6:20 PM Track Interval Zirkia	5:30 - 6:20 PM Yoga Josie	5:30 - 6:00 PM 30 Min Spin Suzie	5:30 - 6:20 PM Body Sculpt Cindy	5:30 - 6:20 PM Strength Core & Balance Cindy	
18	19	20	21	22	23	24
		9:30 - 10:30 AM Easy Adult Fitness Dolores		9:30 - 10:30 AM Easy Adult Fitness Zirkia		9:30 - 10:20 AM Stride & Strength Cindy
	12:15 - 12:45 PM Spin Josie	12:15 - 12:45 PM Pilates Josie	12:15 - 12:45 PM Circuit Training Suzie	12:15 - 12:45 PM Get Ripped Josie	12:15 - 12:45 PM Yoga Suzie	
	1:00 - 2:00 PM Light Adult Fitness Gentle Yoga Zirkia		1:00 - 2:00 PM Light Adult Fitness Ripped & Yoga Zirkia		1:00 - 2:00 PM Light Adult Fitness Ripped & Cardio Suzie	
	5:30 - 6:20 PM Zumba Zirkia	5:30 - 6:20 PM Yoga Suzie	5:30 - 6:00 PM 30 Min Spin Josie	5:30 - 6:20 PM Kickboxing Cindy	5:30 - 6:20 PM Get Ripped Zirkia	
25	26	27	28	29	30	31
		9:30 - 10:30 AM Easy Adult Fitness Dolores		9:30 - 10:30 AM Easy Adult Fitness Suzie		9:30 - 10:20 AM Stride & Strength Cindy
	12:15 - 12:45 PM Spin Suzie	12:15 - 12:45 PM Core Workout Suzie	12:15 - 12:45 PM Spin Josie	12:15 - 12:45 PM Get Ripped Suzie	12:15 - 12:45 PM Yoga Josie	
	1:00 - 2:00 PM Light Adult Fitness Ripped & Spin Suzie		1:00 - 2:00 PM Light Adult Fitness Toned & Yoga Zirkia		1:00 - 2:00 PM Light Adult Fitness Track Interval Suzie	
	5:30 - 6:20 PM Stride & Strength Cindy	5:30 - 6:20 PM Yoga Josie	5:30 - 6:00 PM 30 Min Spin Suzie	5:30 - 6:20 PM Step Into Fitness Cindy	5:30 - 6:20 PM Get Ripped Zirkia	