

DROP-IN FITNESS CLASSES

November 2026

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