

# Fitness Center Class Schedule

# MAY 2025

## MONDAYS

- Vital Moves Strength Training: 8:00am-8:50am w/Jacqueline
- Vital Moves Pilates Level 1: 9:00am-9:50am w/Jacqueline
- Zumba: 11:30am – 12:30pm w/Sara
- Cardio Dance: 1:00pm – 2:00pm w/Sara
- Yoga Nidra: 5:00pm – 6:00pm w/Tanya

## TUESDAYS

- Soul Fitness Whole Body Sports Conditioning: 7:45am – 8:45am w/John
- Cardio Dance: 9:00am – 10:00am w/ Sara
- Vital Moves Sit or Stand (LoMix): 10:30am – 11:20am w/Janis
- Vital Moves TRX: 1:10pm – 2:00pm w/(Janis) **\*requires registration via Vital Moves website, vitalmoves.net\***

## WEDNESDAYS

- Vital Moves Step & Strength: 7:30am – 8:20am w/Jacqueline
- Vital Moves Posture & Balance: 8:45am – 9:35am w/Janis
- Vital Moves Strength Training: 10:00am – 10:50am w/Jacqueline
- Sound Bath: 5:00pm – 5:45pm w/Bridget **\*Every 2ND Wednesday of the month/ requires registration via Bridget's email, bridgetbonner@rocketmail.com\***

## THURSDAYS

- Soul Fitness Mobility Through Yoga: 8:00am – 9:00am w/Kathleen
- Chair Yoga: 12:30pm – 1:20pm w/Tanya **\*requires registration via Tanya's email, tanyafagetan@yahoo.com**
- Vital Moves Wall Restore Yoga: 2:00pm – 3:00pm w/Sue
- Vinyasa/Restore Yoga: 3:30pm – 4:20pm w/Tanya

## FRIDAYS

- Vital Moves Cardio Drumming: 8:00am – 8:50am w/Janis
- Vital Moves TRX: 9:10am – 10:00am w/Janis **\*requires registration via Vital Moves website, vitalmoves.net\***
- Vital Moves Pilates: Mixed Level: 10:30am – 11:20am w/Jacqueline
- Tai Chi: 1:00pm – 2:00pm w/Carol & Kenny
- Chair Yoga: 2:30pm – 3:20pm w/Tanya **\*requires registration via Tanya's email, tanyafagetan@yahoo.com**

## SATURDAYS

- Soul Fitness Whole Body Sports Conditioning: 7:30am – 8:30am w/John
- Vinyasa Yoga: 9:00am – 9:55am w/Bridget **\*requires registration via Bridget's email, bridgetbonner@rocketmail.com\***
- Soul Fitness Mobility Through Yoga: 10:30am – 11:30am w/Kathleen