

Fitness Center Class Schedule

FEBRUARY 2025

MONDAYS

- Vital Moves – Strength Training – 8:00am-8:50am w/Jacqueline
- Vital Moves – Pilates: Level 1 – 9:00am-9:50am w/Jacqueline
- SaddleBrooke Neurofunctional Training – 12:00pm-1:00pm w/Vera

TUESDAYS

- Soul Fitness – Whole Body Sports Conditioning – 7:45am-8:45am w/John
- 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***

TUESDAYS

- 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***

FRIDAYS

- Vital Moves – Cardio Drumming - 8:00am-8:45am 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

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