Fitness Center Class Schedule

November 2026

MONDAYS

- Vital Moves Strength Training: 8:00am-8:50am w/Jacqueline
- Vital Moves Pilates Level 1: 9:00am-9:50am w/Jacqueline
- Cardio Dance: 11:30am – 12:30pm w/Sara

TUESDAYS

- Soul Fitness Yoga 4 Healthy Aging: 8:30am – 9:30am w/Kathleen
- Vital Moves Core & More: 10:30am – 11:25am w/Janis
- Strong Bones: Move Strong, Live Well Seminar: 11:45am – 12:45pm w/ Paula *NOV. 3RD ONLY. Requires registration via Paula's email, paularenfrocoach@gmail.com
- Vital Moves TRX: 1:10pm – 2:00pm w/(Janis) ***Requires registration via Vital Moves website, vitalmoves.net***
- Chair Yoga: 2:15pm – 3:15pm w/ Tanya ***Requires registration via Tanya's email, tanyafagetan@yahoo.com**

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 Yoga 4 Healthy Aging: 8:30am – 9:30am w/Kathleen
- Cardio Kick Boxing: 10:00am – 11:00am w/Tim ***Limited slots available. Email/call Abel to register: abel@saddlebrookestrength.com/262-450-4794***
- Cardio Dance: 11:15am – 12:15pm w/ Sara
- Chair Yoga: 12:30pm – 1:20pm w/Tanya ***Requires registration via Tanya's email, tanyafagetan@yahoo.com***
- Vital Moves Wall Restore Yoga: 2:00pm – 3:10pm w/Sue ***Requires registration via the Vital Moves website, vitalmoves.net***
- Vinyasa/Restore Yoga: 3:30pm – 4:20pm w/Tanya
- Ageless Jui-Jitsu: 5:00pm – 6:00pm w/Abel ***Limited slots available. Email/call Abel to register: abel@saddlebrookestrength.com/262-450-4794***

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 (Beginner): 1:00pm – 2:00pm w/Carol & Kenny *Resuming January 2027*
- Chair Yoga: 2:30pm – 3:20pm w/Tanya ***Requires registration via Tanya's email, tanyafagetan@yahoo.com**

SATURDAYS

- Soul Fitness Yoga 4 Healthy Aging: 7:30am – 8:30am w/Kathleen
- Vinyasa Yoga: 9:00am – 9:55am w/Bridget ***Requires registration via Bridget's email, bridgetbonner@rocketmail.com***

SUNDAYS

- Tai Chi (Intermediate): 1:00pm – 2:00pm w/ Carol & Kenny ***Resuming January 2027***