



OCTOBER 2025

GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-8:50am Cardio Strength Tammy						
9:00-9:50am Yoga Valentina	9:00-9:50am Gentle Yoga Sheeryn	9:00-9:50am Mat Pilates Greta		9:00-9:50am Core Stability and Balance Erin	9:00-9:50am Yoga Stephen	9:00-9:50am Yoga Greta
10:15-11:05am Water Fitness Tammy	10:15-11:05am Barre* Sheeryn			10:15-11:05am Water Fitness Erin		

REFORMER PILATES SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00-10:50am Reformer Pilates* James	10:00-10:50am Reformer Pilates* Jennifer Cruz	10:00-10:50am Reformer Pilates* Greta	10:00-10:50am Reformer Pilates* Barbara	10:00-10:50am Reformer Pilates* James	10:00-10:50am Reformer Pilates* James	

Classes with * require registration

Our newest class, Core Stability and Balance offers the student strength building exercises specifically designed to create stability and balance in everyday activities. This class is appropriate for all levels.