

DECEMBER 2025						
21	22	23	24	25	26	27
make up class	8:30am no class	Spin	Christmas Spin	Christmas Day		SPIN?
28	29	30	31	1-Jan	2-Jan	3-Jan
make up class	8:30am no class	Spin	New Year's Eve	New Year's Day		SPIN?
JANUARY 2026						
4	5	6	7	8	9	10
week 1	8:30am 5:30pm	5:30pm	8:30am 5:30pm	5:30pm		SPIN?
11	12	13	14	15	16	17
week 2	8:30am 5:30pm	5:30pm	8:30am 5:30pm	5:30pm		SPIN?
18	19	20	21	22	23	24
week 3	8:30am 5:30pm	5:30pm	8:30am 5:30pm	5:30pm		SPIN?
25	26	27	28	29	30	31
week 4	8:30am 5:30pm	5:30pm	8:30am 5:30pm	5:30pm		SPIN?
FEBRUARY 2026						
1	2	3	4	5	6	7
week 5	8:30am 5:30pm	5:30pm	8:30am 5:30pm	5:30pm		SPIN?
8	9	10	11	12	13	14
week 6	8:30am 5:30pm	5:30pm	8:30am 5:30pm	5:30pm		SPIN?
15	16	17	18	19	20	21
week 7	8:30am 5:30pm	5:30pm	8:30am 5:30pm	5:30pm		
22	23	24	25	26	27	28
week 8	8:30am 5:30pm	5:30pm	8:30am 5:30pm	5:30pm		
MARCH 2026						
1	2	3	4	5	6	7
week 9	8:30am 5:30pm	5:30pm	8:30am 5:30pm	5:30pm		SPIN?
8	9	10	11	12	13	14
week 10	8:30am 5:30pm	5:30pm	8:30am 5:30pm	5:30pm		SPIN?
15	16	17	18	19	20	21
week 11	8:30am 5:30pm	5:30pm	8:30am 5:30pm	5:30pm		SPIN?
22	23	24	25	26	27	28
week 12	8:30am 5:30pm	5:30pm	8:30am 5:30pm	5:30pm		SPIN?
29	30	31	1-Apr	2-Apr	3-Apr	4-Apr
NEW SESSION	8:30am 5:30pm	5:30pm	8:30am 5:30pm	5:30pm		



- 75-MINUTES PEDAL, PUMP & PILATES
- 85-MINUTES STRENGTHEN & LENGTHEN
- 60-MINUTES SPIN CIRCUIT
- 60-MINUTES PILATES MAT
- 60-MINUTES STRENGTHXPILATES
- 45-MINUTES HUSTLE & MUSCLE

### Class Descriptions

**Pilates** is a no-impact workout designed to lengthen & strengthen the muscles. Concentrating on your core: abdominals, mid & lower back, shoulders, hips & thighs, this class often utilizes small props to add challenge & diversity to the exercises. **Zoe Whitt**

**Pedal, Pump & Pilates** alternates 1 minute of cardio followed by 1 minute of strength training. One round for upper body, one for lower, and one for core for full body circuit training. Finish with 30 minutes of Pilates. **Suzy Stout**

**Strengthen & Lengthen** combines 45 min of Pilates Circuit using Reformer, Cadillac, Chair and Towers with 40 min of stretching. You may come for just the Pilates or just the stretch for a shorter workout. **Suzy Stout**

**Spin Circuit** is a calorie-blasting total body conditioning class. The first 45 minutes are done on a stationary bike. Each bike has a computer to monitor your rpm's (speed) & distance as you climb, sprint, & ride your way to fitness. This is followed by a strength circuit for your total body and core using a TRX, cables, dumbbells and your bodyweight. Finish with a quick stretch. **Suzy Stout**

**Strength x Pilates** is a combination of a strength training circuit for the larger muscle groups followed by a Pilates flow to tone and tighten the core. Focus will be on proper form for stronger lifting and mind muscle connection throughout the workout. Strengthen the full body with weights, big and small!! **Zoe Whitt**

**Hustle & Muscle** is a 45-minute class that offers a unique combination of cardio and strength training. Intervals of work/rest will keep your heart rate up while you build and tone muscle with full body movements. **Zoe Whitt**