

JUNE 2026						
21	22	23	24	25	26	27
Zoe	8:30am		8:30am		*M, W AM; T PM	
end	5:30pm	5:30pm	5:30pm	5:30pm	Make ups	
JULY 2026						
28	29	30	1-Jul	2-Jul	3-Jul	4-Jul
NEW	8:30am		8:30am			
SESSION	5:30pm	5:30pm	5:30pm	no class		
5	6	7	8	9	10	11
	8:30am		8:30am			
	5:30pm	5:30pm	5:30pm	5:30pm		
12	13	14	15	16	17	18
	8:30am		8:30am			
	5:30pm	5:30pm	5:30pm	5:30pm		
19	20	21	22	23	24	25
	8:30am		8:30am			
	no class	5:30pm	5:30pm	5:30pm		
26	27	28	29	30	31	1
	8:30am		8:30am			
	5:30pm	5:30pm	5:30pm	5:30pm		
AUGUST 2026						
2	3	4	5	6	7	8
	8:30am		8:30am			
	5:30pm	5:30pm	5:30pm	5:30pm		
9	10	11	12	13	14	15
	8:30am		8:30am			
	5:30pm	5:30pm	5:30pm	5:30pm		
16	17	18	19	20	21	22
	8:30am		8:30am			
	5:30pm	5:30pm	5:30pm	5:30pm		
23	24	25	26	27	28	29
	8:30am		8:30am			
	5:30pm	5:30pm	5:30pm	5:30pm		
SEPTEMBER 2026						
30	31	1	2	3	4	5
	8:30am		8:30am			
	5:30pm	5:30pm	5:30pm	5:30pm		
6	7	8	9	10	11	12
	no class		8:30am			
		5:30pm	5:30pm	5:30pm		
13	14	15	16	17	18	19
	8:30am		8:30am			
	5:30pm	5:30pm	5:30pm	5:30pm		
20	21	22	23	24	25	26
NEW	8:30am		8:30am			
SESSION	5:30pm	5:30pm	5:30pm	5:30pm		
27	28	29				



75-MINUTES PEDAL, PUMP & PILATES

90-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 Strength Training with a focus on Push, Pull, Hinge and Squat followed by Pilates Circuit using Reformer, Cadillac, Chair and Towers. **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**