

	MONDAY		
8:45 am	TRX Class	Chrissy	3 rd floor
9:30 am	YUR Back Equipment Class	Lindsey	2 nd floor
10:30 am	Equipment Class	Chrissy	2 nd floor
11:30 pm	Joint Pain Equipment Class	Lynn	2 nd floor
12:30 pm	YUR Back Equipment Class	Rachel	2 nd floor
7:30 pm	Equipment Class	Anna	2 nd floor
	TUESDAY		
6:15 am	CoreAlign Class	Lindsey	3 rd floor
8:00am	YUR Back Equipment Class	Stephanie P	2 nd floor
9:00 am	Equipment Class	Stephanie P	2 nd floor
10:30 am	YUR Back Equipment Class	Lindsey	2 nd floor
5:00 pm	YUR Back Extension Equip Class	Chrissy	2 nd floor
5:15 pm	Pilates Mat Class	Anna	3 rd floor
6:15 pm	CoreAlign Class	Chrissy	3 rd floor
	WEDNESDAY		
8:00 am	Oov Class	Chrissy	3 rd floor
9:00 am	YUR Back Equipment Class	Chrissy	2 nd floor
10:00 am	CoreAlign Class	Lynn	3 rd floor
10:30 am	YUR Back Extension Equip Class	Lindsey	2 nd floor
5:00 pm	TRX Class	Cassie	3 rd floor
	THURSDAY		
9:15 am	Bounce	Cassie	3 rd floor
9:30 am	Equipment Class	Susan	2 nd floor
10:30 am	CoreAlign Class	Anna	3 rd floor
10:30 am	YUR Back Equipment Class	Cassie	2 nd floor
1:00 pm	Pilates Mat Class	Stephanie P	3 rd floor
5:00 pm	CoreAlign Class	Cassie	3 rd floor
5:30 pm	YUR Back Equipment Class	Rachel	2 nd floor
6:15 pm	Pilates Barre Class	Anna	3 rd floor
	FRIDAY		
6:30 am	Equipment Class	Cassie	2 nd floor
8:30 am	Equipment Class	Lynn	2 nd floor
9:30 am	Chair Class	Cassie	3 rd floor
10:30 am	YUR Back Equipment Class	Lindsey	2 nd floor
11:30 am	Joint Pain Equipment Class	Lynn	2 nd floor
	SATURDAY		
8:00 am	Equipment Class	Cassie	2 nd floor
8:00 am	Bounce Class	Chrissy	3 rd floor
9:00 am	Core Align Class	Susan	3 rd floor
9:15 am	YUR Back Equipment Class	Cassie	2 nd floor
10:00 am	Pilates Mat Class	Stephanie M	3 rd floor
10:30 am	Introductory Equipment Class (free for new members)	Stephanie P	2 nd floor
	SUNDAY		
9:00 am	Teacher's Choice Equipment Class	Lynn	2 nd floor

Schedule begins September 1st, 2025. All classes are 50 minutes in duration.

Mat membership classes are highlighted in green.

VIRTUAL CLASS SCHEDULE

Must have the designated equipment to participate. Zoom link will be emailed.

	MONDAY		
8:45 am	TRX Class	Chrissy	ZOOM
9:30 am	YUR Back Reformer Class	Lindsey	ZOOM
10:30 am	Reformer Class	Chrissy	ZOOM
	TUESDAY		
6:15 am	CoreAlign Class	Lindsey	ZOOM
8:00 am	YUR Back Equipment Class	Stephanie P	ZOOM
9:00 am	Equipment Class	Stephanie P	ZOOM
10:30 am	YUR Back Reformer Class	Lindsey	ZOOM
5:00 pm	YUR Back Extension Reformer	Chrissy	ZOOM
5:15 pm	Pilates Mat Class	Anna	ZOOM
6:15 pm	CoreAlign Class	Chrissy	ZOOM
	WEDNESDAY		
8:00 am	Oov Class	Chrissy	ZOOM
10:30 am	YUR Back Extension Equip Class	Lindsey	ZOOM
5:00 pm	TRX Class	Cassie	ZOOM
	THURSDAY		
9:15 am	Bounce	Cassie	ZOOM
10:30am	YUR Back Reformer Class	Cassie	ZOOM
1:00 pm	Pilates Mat Class	Stephanie P	ZOOM
5:00 pm	CoreAlign Class	Cassie	ZOOM
6:15 PM	Pilates Barre Class	Anna	ZOOM
	FRIDAY		
6:30 am	Equipment Class	Cassie	ZOOM
9:30 am	Chair Class	Cassie	ZOOM
10:30 am	YUR Back Equip Class	Lindsey	ZOOM
	SATURDAY		
8:00 am	Reformer Class	Cassie	ZOOM
9:00 am	CoreAlign Class	Susan	ZOOM
9:15 am	YUR Back Reformer Class	Cassie	ZOOM

Schedule begins September 1st, 2025. All classes are 50 minutes in duration.

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