

	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	2nd 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
12:00 pm	Introductory Equipment Class*	Deanna	2 nd floor
5:00 pm	TRX Class	Cassie	3 rd floor
6:00 pm	YUR Back Equipment Class	Deanna	2 nd 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	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
11:00 am	YUR Back Mat Class	Deanna	3 rd 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*	Stephanie P	2 nd floor
	SUNDAY		
9:00 am	Teacher's Choice Equipment Class	Lynn	2 nd floor

Schedule begins October 12th, 2025. All classes are 50 minutes in duration.

Mat membership classes are highlighted in green. *Free Introductory class for new members

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
6:00 pm	YUR Back Equipment Class	Deanna	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
11:00 am	YUR Back Mat Class	Deanna	3 rd floor
	SATURDAY		
8:00 am	Reformer Class	Cassie	ZOOM
9:00 am	CoreAlign Class	Susan	ZOOM
9:15 am	YUR Back Reformer Class	Cassie	ZOOM

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