



Class & Group Fitness Calendar

September 2026

Instructors may choose to cancel class if there are 3 or less participants.

	Monday (No classes Sept. 7th)	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun.
AM Classes		6:15-7:15am Cycling Jim (no class Sept. 1st or 8th)		6:15-7:15am Cycling Jim (no class Sept. 3rd)			
	8:10-8:55am Gentle Yoga Tessa (no class Sept. 21st)	8:10-9:00am Fitness Fusion Jenee	8:10-8:55am Gentle Yoga Tessa	8:15-9:00am T.B.S. Amy	8:05-8:50am Circuits with Sara		
	9:05-9:50am Gentle Yoga Tessa (no class Sept. 21st)	9:10-9:50am Strong & Flexible Steph	9:05-9:50am Stretch & Tone Danielle	9:10-9:40am TRX Steph	9:05-9:45am Strength & Tone—Amy		
	10:05-10:50am SilverSneakers Danielle	10:00-11:20 Rock Steady Boxing (3/4) Jenee/Steph	10:05-10:50am SilverSneakers Danielle	10:00-11:20 Rock Steady Boxing (3/4) Steph/Jenee	10:00-10:55am Christian Yoga Tessa	*No classes Monday, Sept. 7th and the gym is unstaffed for Labor Day! *LINE DANCE last Wednesday of the month is Line Dance review & Request night : A fun once a month class to review favorite dance, take requests and spend more time dancing with less instruction. Great for all levels, with occasional higher-level dances added for a challenge. *Nonmembers drop in rate for classes is \$8, all classes except Rock Steady Boxing are free for members. * Green are paid classes — *Rock Steady Boxing is a class designed for Parkinson's Disease Fighters, a boxing inspiring circuit class focused on balance, movement, and fun.	
	11:00-12:30 Rock Steady Boxing Danielle/Steph	11:00-12:30 Rock Steady Boxing Steph/Jenee		11:00-12:30 Rock Steady Boxing Jenee/Steph	11:10-11:55am SilverSneakers Yoga Tessa		
PM Classes		1:00-1:45pm SilverSneakers Yoga Tessa (no class Sept. 22nd)					
	5:30-6:20pm HIIT Amberly	5:30-6:30pm Cycle/Core Ann	5:30-6:20pm HIIT Amberly	5:30-6:30pm Cycling Jim R. (Sep. 3rd, 10th & 17th) / Ann (Sep. 24th)			
			6:30-7:30pm Line Dancing Kristen	6:45-7:35 Turn Up Dance Fitness Jennifer			

Staffed Hours: Mondays/Wednesdays 7AM-6/7PM. Tuesdays & Thursdays 7AM-6/7PM. Fridays 7:30AM-5PM. Saturdays: 8AM-12PM. Sundays: Unstaffed

Group Exercise Class Descriptions

Don't be afraid to try all these great classes. Just do what you can. Work at your own pace and enjoy some good company while you workout!

Chair Yoga - Yoga practiced while seated on a chair. Includes supported standing poses, breath work, and stretches using the chair as a supportive tool. Open to all levels of practitioners including those with limited mobility or recovering from injuries.

Christian Yoga - Yoga that weaves prayer, biblical meditation & scripture into a faster gentle yoga class. We end our time resting to a worship song. You will feel refreshed physically, mentally & soulfully!

Circuits with Sara - this class will be more geared to a HIIT workout style for a full-body workout. It is a interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance....this class combines resistance training with plyometric moves to improve your strength and power.

Cycling- Diversified has awesome spinning instructors that are ready to give you a great workout. Spinning is an exercise that utilizes a specially designed stationary bicycle and a series of cycling movements that provide the participant with both a physical and mental workout. The spinning bike is designed to mimic an outdoor bicycle ride with the added bonus of core and leg exercise to tone while you burn.

Cycle & Sculpt - is exactly as the name describes—it's the best of both worlds: an endurance-building workout that also focuses on toning and tightening your major muscle groups.

Fitness Fusion - a dynamic, total-body class designed to help you build strength, boost energy, and have fun! No two classes are ever the same, keeping your routine fresh and exciting. While every session challenges your muscles and elevates your heart rate, we mix things up using diverse formats—like step, kickboxing, and circuits—alongside fun fitness props including dumbbells, exercise balls, and resistance bands. Everything is set to an upbeat playlist in a welcoming, zero-pressure atmosphere. Whether you are just starting your fitness journey or looking for a new challenge, every movement is easily modified to match your exact pace and fitness level.

Gentle Yoga - A revolution in mind/body training that will change the way you feel about your body forever. You will stand straighter and feel stronger, while becoming more flexible and physically aware. Yoga is designed for all fitness levels.

HIIT— High intensity interval training, this class uses body weight and some equipment to take you through a great cardio and total body workout. It teaches your body how to efficiently use its energy sources combining agility, speed, power & stamina.

Rock Steady Boxing – Parkinson's Disease Fighters bring their Cornerman to a boxing inspiring circuit class focused on balance, movement, and fun led by certified Coaches Stephanie & Justin. We're learning everyday that there are ways in which people with Parkinson's disease can enhance their quality of life and even build strength, flexibility and speed! By exercising with coaches who know the ropes, you can fight your way out of the corner and start to feel and function better. (info@rocksteadyboxing.org)

Silver Sneakers® Classic – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support.

Stretch and Tone - This class shows you basic movements with a simple routine that's easy to follow along. Use your level of weights, stability balls and your body weight to improve balance while building muscular and core strength and endurance.

T.B.S.- (Total Body Strength) is a simple athletic based workout that strengthens, tones, and defines every major muscle group in your body...ideal for beginners to experienced exercisers. It is the workout for EVERY- BODY.

TRX.— Specialized straps hung from the ceiling, along with your body weight make for a amazing total body workout.

Turn Up Dance Fitness— is a high intensity fitness class that combines elements of HIIT, strength training and dance. We evolve unapologetically, live loudly and dance ruthlessly. Turn Up classes will leave you feeling empowered, inspired and oh so sweaty. Come take your fitness to the next level and TURN IT ALL THE WAY UP! No rhythm? No problem, NO dance experience necessary!