

JUNE 1, 2026
THROUGH
JULY 5, 2026

Member Fitness CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
8AM	SWEAT Mason	SWEAT Jojo SWIM CLUB Jon	SWEAT Mason	SWEAT Jojo SWIM CLUB Drew	SWEAT Jojo	SWEAT Mason	SWIM CLUB Drew
9AM	TRX Jake REFORMER PILATES Masha (No Class 6/22)	CYCLE STRENGTH Casey	TRX Jake REFORMER PILATES Masha (No Class 6/24)	CYCLE STRENGTH Casey (No Class 6/25)	CYCLE STRENGTH Casey VINYASA YOGA Lindsay REFORMER PILATES Masha (No Class 6/26)	CYCLE STRENGTH Jade/Mason REFORMER PILATES Alex	CYCLE STRENGTH Drew
10AM	SILVER FIT Hector YIN YOGA Elisabet MAT PILATES Masha (No Class 6/22)	SILVER FIT Hector VINYASA YOGA Lindsay	GENTLE YOGA Elisabet SILVER FIT Hector MAT PILATES Masha (No Class 6/24)	SILVER FIT Hector VINYASA YOGA Lindsay	SILVER FIT Hector RESTORATIVE YOGA Elisabet (No Class 7/3)	GENTLE YOGA Elisabet (No Class 7/4)	SILVER FIT Drew
11AM	AQUA CARDIO Drew		AQUA CARDIO Drew		AQUA CARDIO Drew CORE AND BALANCE YOGA Elisabet (No Class 7/3)	BREATH WORK/ MEDITATION Elisabet (Full Hour Class) (No Class 7/4)	AQUA CARDIO Drew
12PM					TRX Jake		