



STUDIO SCHEDULE

* pre-register for classes on the MM+ app up to 7 days in advance.
* check Member Me for the most up to date offerings **09/2026**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am-10:00am BARRE Wendy Studio 1	8:30am-9:15am CYCLE Marleise Studio 2	6:30am-7:30am CYCLE Beth Studio 2 <i>*Ends 9/9</i>	8:30am-9:15am CYCLE Marleise Studio 2		8:30am-9:30am VINYASA YOGA Maggie Studio 1
10:15am-11:15am BALANCE & MOBILITY Marie Studio 2		9:00am-10:00am SIT & BE FIT Marleise Studio 1	9:00am-10:00am BARRE Wendy Studio 1	<i>New!</i> 9:15am-10:15am ROLL & RESTORE Beth Studio 2	8:30am-9:30am CYCLE Marleise Studio 2
10:15am-11:15am CARDIO MIX Diane Studio 1	10:30am-11:30am GENTLE CARDIO YO Diane Studio 1	9:15am-10:15am ROLL & RESTORE Beth Studio 2 <i>*Starts Sep 16th</i>	<i>New!</i> 10:00am-11:00am TAI CHI-1 SERIES Lia Studio 2 <i>*9/24-10/29</i>	11:00am-12:00pm SIT & BE FIT Marleise Studio 1	10:00am-11:00am BODY SCULPT Marleise Studio 1
11:15am-12:15pm CHAIR YOGA Diane Studio 1	12:00pm-1:00pm BODY SCULPT Marleise Studio 1	10:15am-11:15am CARDIO MIX Diane Studio 1	10:30am-11:30am GENTLE CARDIO YO Diane Studio 1	12:15pm-1:15pm BODY SHOP Leno Studio 1	
12:30pm--1:30pm BEGINNER PILATES MAT Marie Studio 1		11:15am-12:15pm CHAIR YOGA Diane Studio 1	12:00pm-1:00pm BODY SCULPT Marleise Studio 1		11:30am-12:30am ZUMBA Kristen Studio 1
		12:15pm-1:15pm BODY SHOP Leno Studio 1			
		4:15pm-5:15pm ZUMBA Kristen Studio 1			
	5:30pm-6:30pm CORE CHARGE Jesse Studio 2			5:00pm-6:00pm ZUMBA- TONING Kristen Studio 1	
5:45pm-6:45pm CYCLE Beth Studio 2		6:15pm-7:15pm VINYASA YIN FUSION Samina Studio 2			

SUNDAY

11:30am-12:30am
SLOW FLOW SUNDAY
J. Studio 1

Pop-up classes

are single, one-time group fitness sessions designed to offer a fresh and unique workout experience outside the regular class schedule. They gives MEMBERS a chance to try something new—whether it's a different format, instructor, or location—enjoy a fun, community-driven atmosphere.