

MON**TUE****WED****THU****FRI****SAT****SUN***Oakway Fit***G
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8:00am YOGA Michael	8:30am Lift Kiger	8:00am LIFT Kristina	7:30am Yoga Lucy	8:00am CHAIR YOGA Jen	8:15am PIYO/Warrior Carrie/Debi	8:30am YOGA Deborah
9:20am INTERVAL LIFT Kiger	9:20am Power Yoga Cynthia	9:20am PIYO Kristina	9:20am Dance Cardio Sofia	9:20am CARDIO PUMP Kristina	9:30am LIFT Jodi/Dana	9:45am Zumba Angie
10:30am Yoga Michael	10:30am SILVER SNEAKERS Jen	10:30am ZUMBA Johanna	10:30am SILVER SNEAKERS Jen	10:30am Dance Cardio Deborah	10:45am Cycle Erica	
11:45am SS SENIOR FIIT Deborah	11:25am Dance (35min) Marianne	11:45am SS SENIOR FIIT Marianne		11:45am PILATES Deborah		
1:30pm SS SENIOR DANCE Robert	12:15pm GENTLE YOGA Paul	1:30pm SS SENIOR DANCE Robert	12:15pm GENTLE YOGA Paul			
4:30pm INTERVAL LIFT Vanessa	4:30pm PIYO Carrie	4:30pm Pilates Deborah	4:30pm LIFT Jodi	4:30pm Dance Cardio Teresa		
5:30pm CYCLE XPRESS Vanessa	5:30pm Zumba Angie	5:30pm STEP Jodi				
7:00pm YOGA Nanda		7:00pm YOGA Nanda				

Updated: 9/1/25

Gym Hours:
M-Th 5am-11pm
F 5am-10pm
Sa/Su 7am-8pm