



OAKWAY FIIT

170 OAKWAY RD.

EUGENE, OR

97401

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OAKWAYFIIT.COM

GROUP FITNESS 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------------------|-----------------------------|-----------------------------|------------------------------------|---------------------|--------------|--------------|
| | 6:45 AM | | 6:45 AM | | | |
| | *NEW CYCLE 60MIN. | | *NEW! LIFT (STRENGTH+BOOST) 45MIN. | | | |
| | LARA | | JODI | | | |
| 8:00 AM | 8:30 AM | 8:00 AM | 8:00 AM | 8:00 AM | 8:15 AM | 8:15 AM |
| YOGA 60MIN. | LIFT 45MIN. | LIFT 60MIN. | YOGA 60MIN. | CHAIR YOGA 60MIN. | PIYO 60MIN. | YOGA 60MIN. |
| MICHAEL | KIGER | KRISTINA | LUCY | JEN | CARRIE | DEBORAH |
| 9:20 AM | 9:20AM | 9:20 AM | 9:20 AM | 9:20 AM | 9:30 AM | 9:30 AM |
| INTERVAL LIFT 60MIN. | POWER YOGA 60MIN. | PIYO 60MIN. | DANCE CARDIO 60MIN. | CARDIO PUMP 60 MIN. | LIFT 60MIN. | ZUMBA 60MIN. |
| LARA N | CYNTHIA | KRISTINA | SOFIA | KRISTINA | JODI/DANA | ANGIE |
| 10:30 AM | 10:30 AM | 10:30 AM | 10:30 AM | 10:30 AM | 10:30 AM | |
| YOGA 60MIN. | SILVER SNEAKERS 45MIN. | ZUMBA 60MIN. | SILVER SNEAKERS 45MIN. | DANCE CARDIO 60MIN. | CYCLE 60MIN. | |
| MICHAEL | JEN | JOHANNA | JEN | DEBORAH | ERICA | |
| 11:45 AM | 12:15 PM | 11:45 AM | 12:15 PM | 11:45 AM | | |
| SILVER SNEAKERS FIIT 60MIN. | GENTLE YOGA 60MIN. | SILVER SNEAKERS FIIT 45MIN. | GENTLE YOGA 60MIN. | PILATES 60MIN. | | |
| DEBORAH | PAUL | MARIANNE | PAUL | DEBORAH | | |
| 1:00 PM | 1:30 PM | 1:00PM | 1:30 PM | | | |
| SENIOR DANCE 60MIN. | <i>GOLDEN GROOVE 60MIN.</i> | SENIOR DANCE 60MIN. | <i>GOLDEN GROOVE 60MIN.</i> | | | |
| ROBERT | ROBERT | ROBERT | ROBERT | | | |
| 4:30 PM | 4:30 PM | 4:30 PM | 4:30 PM | | | |
| INTERVAL LIFT 60MIN. | PIYO 55MIN. | PILATES 55MIN. | LIFT 45MIN. | | | |
| VANESSA | CARRIE | DEBORAH | TERESA | | | |
| 5:30 PM | 5:30 PM | 5:30 PM | | | | |
| CYCLE EXPRESS 30MIN. | DANCE CARDIO 60MIN. | STEP 60MIN. | | | | |
| VANESSA | ANGIE | JODI | | | | |
| 7:00 PM | | 7:00 PM | | | | |
| YOGA 60MIN. | | YOGA 60MIN. | | | | |
| NANDA | | NANDA | | | | |

