

4TH OF JULY WEEKEND SPECIAL SCHEDULE

RIVER ROAD CLASSES + GROUP TRAINING

JULY 2-6, 2026

THURSDAY, JULY 2

CLASSES

ALL CLASSES INCLUDED IN MULTI-CLUB MEMBERSHIP

6:00am	POWER FLOW	Hayley N
8:30am	SPIN	Emily N
8:30am	STRENGTH & SWEAT	Melissa
9:00am	AQUAFIT	Deanna
9:30am	HIGH FITNESS	Katie
9:30am	SPIN	Melissa
9:45am	PILATES BURN	Ava
10:45am	FIT & FUN	Kara K
5:30pm	BARRE	Nicole B
6:30pm	HOT PILATES BURN	Nicole B

GROUP TRAINING

ZONE/GROUP TRAINING MEMBERSHIP REQUIRED

6:00am	TOTAL	Jamie J
8:30am	TOTAL	Maria

REFORMER STUDIO 9

REFORMER MEMBERSHIP REQUIRED

6:00am	BURN	Heather O
7:00am	BURN	Lou
8:00am	ADVANCED BURN	Lou
9:00am	BOOTY BURN	Lou

REFORMER STUDIO 7

REFORMER MEMBERSHIP REQUIRED

NO CLASSES

FRIDAY, JULY 3

CLASSES

ALL CLASSES INCLUDED IN MULTI-CLUB MEMBERSHIP

5:30am	CHISEL	Jordan
7:15am	HEALTHY POSTURE	Lorri
8:30am	ROAD RIDE	Nicole S
8:30am	MAT PILATES	Tara
9:30am	GROUP POWER	Sheri
9:30am	BARRE	Heather O
10:45am	POWER FLOW	Sunhee
12:15pm	HEALTHY POSTURE	Lorri

GROUP TRAINING

ZONE/GROUP TRAINING MEMBERSHIP REQUIRED

8:30am	TOTAL	Sheri
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REFORMER STUDIO 9

REFORMER MEMBERSHIP REQUIRED

7:00am	FUNDAMENTAL FLOW	Jaime H
8:00am	FUNDAMENTAL FLOW	Jaime H
9:00am	BURN	Jaime H

REFORMER STUDIO 7

REFORMER MEMBERSHIP REQUIRED

NO CLASSES



SATURDAY, JULY 4

CLASSES

ALL CLASSES INCLUDED IN MULTI-CLUB MEMBERSHIP

8:30am	HEALTHY POSTURE	Lorri
8:30am	SPIN	Micah
9:45am	BARRE	Micah
10:45am	POWER FLOW	Micah

REFORMER STUDIO 9

REFORMER MEMBERSHIP REQUIRED

7:00am	BOOTY BURN	JoLynn
8:00am	FUNDAMENTAL FLOW	JoLynn

REFORMER STUDIO 7

REFORMER MEMBERSHIP REQUIRED

NO CLASSES

SUNDAY, JULY 5

CLASSES

ALL CLASSES INCLUDED IN MULTI-CLUB MEMBERSHIP

9:15am	YOGA STRETCH	Kara K
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**SCAN THE QR CODE
TO SEE A FULL
LIST OF CLASSES**

MONDAY, JULY 6

CLASSES

ALL CLASSES INCLUDED IN MULTI-CLUB MEMBERSHIP

7:15am	HEALTHY POSTURE	Lorri
8:30am	ROAD RIDE	Nicole S
8:30am	MAT PILATES	Micah
9:00am	AQUAFIT	Tamee
9:30am	GROUP POWER	Sheri
9:30am	LOWER BODY POWER CIRCUIT	Nicole S
12:15pm	HEALTHY POSTURE	Lorri
5:30pm	BARRE	Tara
6:30pm	SPIN FLEX	Nicole S

GROUP TRAINING

ZONE/GROUP TRAINING MEMBERSHIP REQUIRED

8:30am	TOTAL	Maria
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REFORMER STUDIO 9

REFORMER MEMBERSHIP REQUIRED

6:00am	BOOTY BURN	Martha
7:00am	FLOW	Martha
11:00am	FUNDAMENTAL FLOW	Erika
12:00pm	BURN	Erika
5:30pm	BURN	Erika
6:30pm	BOOTY BURN	Erika

REFORMER STUDIO 7

REFORMER MEMBERSHIP REQUIRED

9:30am	FLOW	Erika
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