

EASTER WEEKEND SPECIAL SCHEDULE

SUNSET CLASSES + GROUP TRAINING

APRIL 3-6, 2026

FRIDAY, APRIL 3

CLASSES

ALL CLASSES INCLUDED IN MULTI-CLUB MEMBERSHIP

7:15am	SILVER FIT	Jordan
8:30am	HIGH FITNESS	Tangi/Stacy
9:15am	VINYASA	Micah
9:30am	LDUB CLUB	Laci W
10:15am	PILATES BURN	Micah
10:40am	HEALTHY POSTURE	Lorri

GROUP TRAINING

ZONE/GROUP TRAINING MEMBERSHIP REQUIRED

6:00am	TOTAL	Madi
9:30am	H.I.I.T.	Devin

ATHLETIC REFORMER 45

REFORMER MEMBERSHIP REQUIRED

7:00am	BURN 45	Amy D
8:00am	SWEAT 45	Amy D



SCAN THE QR CODE
TO SEE A FULL
LIST OF CLASSES



SATURDAY, APRIL 4

CLASSES

ALL CLASSES INCLUDED IN MULTI-CLUB MEMBERSHIP

7:00am	SUNRISE YOGA	Haylee L
8:00am	PILATES BURN	Haylee L
8:00am	HIGH FITNESS	Stacy
9:00am	HIGH YO	Stacy
9:30am	LDUB CLUB	Laci W
10:30am	CHISEL	Jordan

GROUP TRAINING

ZONE/GROUP TRAINING MEMBERSHIP REQUIRED

7:00am	BURN	Maria
10:00am	TOTAL	Maria

ATHLETIC REFORMER 45

REFORMER MEMBERSHIP REQUIRED

8:00am	BURN 45	Jordan
9:00am	BURN 45	Jordan

SUNDAY, APRIL 5

CLASSES

ALL CLASSES INCLUDED IN MULTI-CLUB MEMBERSHIP

11:00am	KUNDALINI <i>*90 MINUTES*</i>	Breanna
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MONDAY, APRIL 6

CLASSES

ALL CLASSES INCLUDED IN MULTI-CLUB MEMBERSHIP

7:15am	SILVER FIT	Meagan N
8:15am	CHISEL 30	Lacy Dawn
9:00am	HIGH FITNESS	Tangi
10:00am	HIGH YO	Tangi
10:40am	HEALTHY POSTURE	Lorri
4:15pm	HEALTHY POSTURE	Lorri
5:30pm	CHISEL	Jordan
5:30pm	POWER FLOW	Micah
6:30pm	LDUB CLUB	Laci W
6:30pm	BARRE	Kara
7:30pm	RIOT	Lacy Dawn
7:30pm	GENTLE FLOW & MEDITATION	Michele

GROUP TRAINING

ZONE/GROUP TRAINING MEMBERSHIP REQUIRED

6:00am	TOTAL	Jordan
9:30am	TOTAL	Meagan N
12:15pm	FITNESS FUNDAMENTALS	Jordan

ATHLETIC REFORMER 45

REFORMER MEMBERSHIP REQUIRED

9:00am	BURN 45	Heather
10:00am	BURN 45	Heather
5:30pm	BURN 45	Amber G