

River Road Class Schedule

Effective October 15, 2026

Please visit our website or app for class descriptions.



MAIN GYM *all classes included in multi-club membership*

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
9:30am	Group Power	Deb/Sheri	9:30am	High Fitness	Candice	5:30am	High Low	Martha	9:30am	High Fitness	Katie	5:30am	CHISEL	Jordan	8:00am	High Fitness	Heather
			10:45am	Fit & Fun	Meagan	9:30am	Group Power	Deb/Sheri	10:45am	Fit & Fun	Jeanne	9:30am	Group Power	Deb/Sheri	10:45am	Fit & Fun	Angelina
			5:30pm	Group Power	Jenn				5:30pm	Group Power	Jenn						

SPIN *all classes included in multi-club membership*

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
7:30am	SPIN	Emily	5:30am	ROAD RIDE	Nicole S	5:30am	SPIN	Jill	5:30am	SPIN	Sarah	8:30am	ROAD RIDE	Nicole S	8:30am	SPIN	Micah
8:30am	ROAD RIDE	Nicole S	8:30am	SPIN	Jill	7:30am	SPIN	Nicole S	8:30am	SPIN	Emily						
6:30pm	SPIN FLEX	Nicole S	9:30am	ROAD RIDE	Nicole S	8:30am	SPIN	Amy C	9:30am	SPIN	Melissa						
						6:30pm	SPIN	Nicole S									

SHED *all classes included in multi-club membership*

MONDAY			TUESDAY			WEDNESDAY			THURSDAY		
9:30am	Lower Body Power Circuit	Nicole S	9:30am	Strength & Sweat	Reagan	8:30am	Power Circuit	Nicole S	8:30am	Strength & Sweat	Melissa

MIND & BODY *all classes included in multi-club membership*

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
6:00am	Barre	Amy C	6:00am	Power Flow	Hayley N	6:00am	Hot Pilates Burn	Haylee L	6:00am	Power Flow	Hayley N	6:00am	Hot Pilates Burn	Kenna	7:30am	Hot Pilates Burn	Nicole B
7:15am	Healthy Posture	Lorri	7:15am	Align & Restore	Jeanne	7:15am	Healthy Posture	Lorri	7:15am	Align & Restore	Jeanne	7:15am	Healthy Posture	Lorri	8:30am	Healthy Posture	Lorri
8:30am	Mat Pilates	Micah	8:30am	Yoga Elements	Yoga Team	8:30am	Mat Pilates	Barbara	8:30am	Yoga Elements	Amy D	8:30am	Mat Pilates	Tara	9:45am	Barre	Tara
9:30am	Barre	Amy C	9:45am	Mat Pilates	Amy D	9:30am	Barre	Amy C	9:45am	Pilates Burn	Martha	9:30am	Barre	Heather	10:45am	Power Flow	Micah
10:45am	Power Flow	Rachel	11:00am	Chair Yoga	Tessa	10:45am	Power Flow	Haley P	11:00am	Chair Yoga	Sadie	10:45am	Power Flow	Sunhee	SUNDAY		
12:15pm	Healthy Posture	Lorri	12:00pm	Fascinator *75 minutes*	Jeanne	12:15pm	Healthy Posture	Lorri	12:00pm	Fascinator *75 minutes*	Jeanne	12:15pm	Healthy Posture	Lorri			
5:30pm	Barre	Tara	5:30pm	Barre	Brittney	5:30pm	Pilates Burn	Nicole B	5:30pm	Barre	Nicole B				9:15am	Yoga Stretch	Kara K
7:45pm	Hot Pilates Burn	Kenna	6:30pm	Hot Power Flow	Sadie	6:30pm	Vinyasa	Kiele	6:30pm	Hot Pilates Burn	Nicole B				10:30am	Soft Flow & Deep Stretch	Kara K
			7:30pm	Hot Pilates Burn	Kenna	7:45pm	Hot Pilates Burn	Ava									

POOL *all classes included in multi-club membership*

MONDAY			WEDNESDAY			FRIDAY		
2:00pm	AquaFit	Tamee	2:00pm	AquaFit	Tamee	2:00pm	AquaFit	Team

GROUP TRAINING <i>Group Training Membership Required</i>														
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
8:30am	TOTAL	Maria B	6:00am	TOTAL	Jamie J	8:30am	H.I.I.T.	Sheri	6:00am	TOTAL	Jamie J	8:30am	TOTAL	Sheri
			8:30am	TOTAL	Jamie J				8:30am	TOTAL	Maria B			

REFORMER STUDIO 9

Reformer Membership Required

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
6:00am	Booty Burn	Martha	6:00am	Flow	Martha	6:00am	Flow	Heather T	6:00am	Burn	Heather O	6:00am	Burn	Jamie J	7:00am	Booty Burn	Team
7:00am	Flow	Amy D	8:00am	Advanced Flow **reformer experience required**	Amy D	7:00am	Tower	Heather T	7:00am	Burn	Lou	7:00am	Fundamental Flow	Jaime H	8:00am	Fundamental Flow	Team
8:00am	Tower	Amy D	9:00am	Tower	Meagan G	8:00am	Burn	Heather T	8:00am	Advanced Burn **reformer experience required**	Lou	9:00am	Booty Burn	Amber P	9:00am	Burn	Team
9:00am	Cardio Flow	Amy D	10:00am	Advanced Flow **reformer experience required**	Meagan G	9:00am	Flow	JoLynn	9:00am	Booty Burn	Lou	10:00am	Cardio Flow	Amber P	10:00am	Cardio Flow	Team
11:00am	Fundamental Flow	Erika	11:00am	Flow	Meagan G	10:00am	Fundamental Flow	JoLynn	10:00am	Breathe	Leah	11:00am	Booty Burn	Taleah			
12:00pm	Burn	Erika	5:30pm	Fundamental Flow	Jaime H	11:00am	Cardio Flow	Erika	5:30pm	Burn	Brooke	12:00pm	Breathe	Taleah			
5:30pm	Burn	Erika	6:30pm	Burn	Jaime H	12:00pm	Fundamental Flow	Erika	6:30pm	Fundamental Flow	Brooke						
6:30pm	Booty Burn	Erika				5:30pm	Booty Burn	Amy D									
						6:30pm	Advanced Flow **reformer experience required**	Amy D									

REFORMER STUDIO 7 <i>Reformer Membership Required</i>														
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
9:30am	Flow	Erika	8:30am	HP Reformer *Healthy Posture on the Reformer*	Lorri	8:30am	HP Reformer *Healthy Posture on the Reformer*	Lorri	8:30am	HP Reformer *Healthy Posture on the Reformer*	Lorri	8:30am	Fundamental Flow	Jaime H
10:30am	Booty Burn	Leah	9:30am	Flow	Brooke	9:30am	Booty Burn	Bailey	9:30am	Flow	Meagan G	9:30am	Burn	Jaime H
11:30am	Breathe	Leah	10:30am	Fundamental Flow	Brooke	10:30am	Burn	Bailey	10:30am	Burn	Meagan G			
			11:30am	Booty Burn	Brooke				11:30am	Cardio Flow	Meagan G			

PICKLEBALL

included in multi-club membership

Open Play is perfect for players of all skill levels looking to enjoy a fun, social, and competitive atmosphere. Played in a **“King’s Court”** format, winners move up and losers move down, giving you the chance to compete against a variety of players. It’s a great way to get more court time, challenge yourself, and connect with others in the pickleball community.

ALL OPEN PLAY NEEDS TO BE RESERVED VIA COURT RESERVE



Scan the QR code to reserve your spot via Court Reserve!

WEDNESDAY		
5:30pm-6:30pm	Open Play	*make sure to reserve your spot!*

SATURDAY		
7am-9am	Open Play	*make sure to reserve your spot!*