


JULY

FITNESS CLASS SCHEDULE

NO CLASS JULY 3 • NO CLASS ON U.S. FEDERAL HOLIDAYS • SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE. • OPEN TO ALL LEVELS OF FITNESS

MON	TUE	WED	THU	FRI	SAT
<p>HATHA YOGA 6-7 AM N1</p> <p>POWER PUMP 11:30 AM - 12:30 PM N1</p> <p>JUDO P 5-7 PM ND</p> <p>ZUMBA 5:15-6:15 PM N3</p>	<p>SPIN 6-7 AM N1</p> <p>PRENATAL YOGA P 9-10 AM A1</p> <p>BABY & ME YOGA P 10:30-11:30 AM A1</p> <p>CARDIO KICKBOXING P 11:30 AM - 12:30 PM ND</p> <p>YOUTH FITNESS P 4-6:45 PM AT</p> <p>CARDIO KICKBOXING P 5:15-6:15 PM ND</p> <p>MIXXEDFIT 5:30-6:30 PM S</p> <p>AIKIDO P 6:45-7:45 PM ND</p>	<p>POSTPARTUM RECOVERY YOGA P 9:15-10:15 AM N3</p> <p>BABY & ME YOGA P 10:45-11:45 AM ND</p> <p>GLUTES & ABS 11:30 AM - 12:30 PM N1</p> <p>YOUTH FITNESS P 4-7:30 PM AT</p> <p>JUDO P 5-7 PM ND</p> <p>SPIN 5:15-6:15 PM S</p> <p>BODY SCULPT P 5:15-6:15 PM N1</p>	<p>SPIN 6-7 AM S</p> <p>VINYASA YOGA P 8:30-9:30 AM N3</p> <p>PRENATAL YOGA P 9:45-10:45 AM N3</p> <p>YOUTH FITNESS P 10 AM - Noon AT</p> <p>YOUTH FITNESS P 4-5 PM AT</p> <p>HATHA YOGA 5:15-6:15 PM N1</p> <p>MIXXEDFIT 5:30-6:30 PM S</p> <p>AIKIDO P 6:45-7:45 PM ND</p>	<p>MIXXEDFIT 11:30 AM - 12:30 PM S</p>	<p>BODY SCULPT P 7:30-8:30 AM N1</p> <p>MIXXEDFIT 10:30-11:30 AM S</p>



Scan for registration and information for paid classes.

N1 IRONWORKS NORTH AEROBICS RM. 1

N3 IRONWORKS NORTH AEROBICS RM. 3

S IRONWORKS SOUTH AEROBICS RM.

ND IRONWORKS NORTH DOJO

SD IRONWORKS SOUTH DOJO

AT IRONWORKS ATAGO AEROBICS RM.

A1 IRONWORKS ATAGO AEROBICS RM. 1

P PAID CLASS

JULY

FITNESS CLASS SCHEDULE

CLASS DESCRIPTIONS

ZUMBA

Dance your way to a fitter you with Latin-based high and low-intensity intervals designed to boost your cardiovascular endurance.

SPIN

A non-weight bearing, heart-pumping workout on a spin bike. Ride flats, hills, intervals, and sprints to the beat of the music.

MIXXEDFIT

A mix of explosive dancing and body weight toning. The routines feature Aerobic interval training with a combination of fast and slow rhythms.

HATHA YOGA

A foundational yoga class that focuses on alignment, breath, and mindful relaxation. Great for reducing stress and improving mind-body connection. All levels welcome.