

AUGUST

FITNESS CLASS SCHEDULE

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
HATHA YOGA 6-7 AM N1 POWER PUMP 11:30 AM - 12:30 PM N1 JUDO P 5-7 PM ND ZUMBA 5:15-6:15 PM N3	SPIN 6-7 AM N1 PRENATAL YOGA P 9-10 AM A1 TODDLER YOGA P 10:30-11:30 AM A1 YOUTH FITNESS P 4-6:45 PM AT MIXXEDFIT 5:30-6:30 PM S	POSTPARTUM RECOVERY YOGA P 9:15-10:15 AM N3 TODDLER YOGA P 10:45-11:45 AM ND GLUTES & ABS 11:30 AM - 12:30 PM N1 YOUTH FITNESS P 4-7:30 PM AT JUDO P 5-7 PM ND SPIN 5:15-6:15 PM S	SPIN 6-7 AM S VINYASA YOGA P 8:30-9:30 AM N3 PRENATAL YOGA P 9:45-10:45 AM N3 YOUTH FITNESS P 9 AM - Noon AT YOUTH FITNESS P 4-5 PM AT HATHA YOGA 5:15-6:15 PM N1 MIXXEDFIT 5:30-6:30 PM S	MIXXEDFIT 11:30 AM - 12:30 PM S	MIXXEDFIT 10:30-11:30 AM S



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

A1 IRONWORKS ATAGO
AEROBICS RM. 1

AT IRONWORKS ATAGO
AEROBICS RM.

P PAID CLASS

AUGUST

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.