



June-August 2026

GROUP FITNESS CALENDAR



SUN	MON	TUE	WED	THU	FRI	SAT
	7:00–7:50 A.M. Trainer Led Command PT	7:00–7:50 A.M. Trainer Led Command PT	7:00–7:50 A.M. Trainer Led Command PT	7:00–7:50 A.M. Trainer Led Command PT	7:00–7:50 A.M. Trainer Led Command PT	
	8:30–9:20 A.M. NOFFS Aquatics	8:30–9:20 A.M. Silver Dumbbells	8:30–9:20 A.M. NOFFS Aquatics	8:30–9:20 A.M. Silver Dumbbells		
9:00–9:50 A.M. Yoga	9:00–9:50 A.M. Fit and Fun PE	9:30–10:00 A.M. Chair Yoga	9:00–9:50 A.M. Yoga		9:00–9:50 A.M. Pilates	9:00–9:50 A.M. Warrior
	10:30–11:15 A.M. Yoga Sculpt	10:15–11:10 A.M. Pump	10:15–11:10 A.M. Cardio Kick-boxing	10:15–11:10 A.M. Pump	10:15–11:10 A.M. Cardio Kickboxing	
	11:30–12:00 P.M. HIIT	11:30–12:00 A.M. Core and Abs		11:20–11:50 A.M. Stretch		
		3:30–4:20 P.M. Power Hour	3:30–4:20 P.M. Yoga	3:30–4:20 P.M. Barre		
	5:00–5:50 P.M. Spin and Strength	5:00–5:50 P.M. Pilates	5:00–5:50 P.M. Pump	6:00–6:50 P.M. Power Hour		

Events:

5 June 1200– Sled Pull Clinic

27 June 0930– Firecracker 5K and 1 Miler

Facility Open 24/7

Manned Hours of Operation

Monday–Friday: 5 a.m.-8 p.m.

Saturday/Sunday/Holiday: 8:30 a.m.-4



MORE EVENTS
SCAN TO VISIT THE WEBSITE



FOLLOW US
JOIN OUR FACEBOOK GROUP

