



2026

FITNESS CLASS SCHEDULE

MONDAY

TIME	CLASS	INSTRUCTOR	TYPE	ACCESS
11:00-11:50	Pilates - Reformer Strong	Mariana	Pilates	Register :\$80
12:00-12:50	Pilates - Reformer Align	Mariana	Pilates	Register: \$80
12:00-13:00	HIIT – TRX Ignite	Brandon	HIIT	Drop-In: FREE
12:00-13:00	Virtual Spin	ICG Coach	Cycling	Drop-In: FREE
17:00-18:00	Strength & Conditioning – Power Surge	Warren	Strength	Drop-In: \$15
17:30-18:20	Pilates - Reformer Strong	Grace	Pilates	Register: \$80
18:30-19:20	Pilates - Reformer Align	Grace	Pilates	Register: \$80

TUESDAY

TIME	CLASS	INSTRUCTOR	TYPE	ACCESS
06:00-07:00	HIIT – Gym Floor Grind	Liana	HIIT	Drop-In: FREE
09:00-10:00	HIIT – Low Impact Ignite	Liana	HIIT	Drop-In: \$15
12:00-12:50	Mat Pilates – Sculpt	Lisa	Pilates	Drop-In: \$15
12:00-13:00	HIIT – Lunch Crunch	Liana	HIIT	Drop-In: \$15
12:00-13:00	Virtual Spin	ICG Coach	Cycling	Drop-In: FREE
17:30-18:30	Cycling – Ride Strong	Martine	Cycling	Drop-In: FREE

WEDNESDAY

TIME	CLASS	INSTRUCTOR	TYPE	ACCESS
09:00-10:00	HIIT – TRX Ignite	Warren	HIIT	Drop-In: FREE
12:00 - 12:50	Yoga – Vinyassa Flow	Mariana	Yoga	Drop-In: \$15
12:00-13:00	Strength & Conditioning – Upper Body Blast	Liana	Strength	Drop-In: \$15
12:00-13:00	Pilates - Reformer Align	Brittany	Pilates	Register: \$80
12:00-13:00	Virtual Spin	ICG Coach	Cycling	Drop-In: FREE
17:00-18:00	HIIT – Gym Floor Grind	Liana	HIIT	Drop-In: FREE
17:00-17:45	Mat Pilates – Sculpt	Coco	Pilates	Drop-In: \$15
17:30-18:20	Pilates - Reformer Strong	Holly	Pilates	Register: \$80
18:30-19:20	Pilates - Reformer Align	Holly	Pilates	Register: \$80

THURSDAY

TIME	CLASS	INSTRUCTOR	TYPE	ACCESS
06:00–07:00	Strength & Conditioning – Lower Body Blast	Liana	Strength	Drop-In: \$15
12:00–13:00	HIIT – Gym Floor Grind	Liana	HIIT	Drop-In: FREE
12:00–13:00	Virtual Spin	ICG Coach	Cycling	Drop-In: FREE
12:00–12:45	Mat Pilates – Sculpt	Lisa	Pilates	Register: \$64
12:15–13:05	Mobility - Mindful Mobility	Nadia	Mobility	Drop-In: \$15
18:00–18:45	Mat Pilates – Sculpt	Brittany	Pilates	Register: \$64

FRIDAY

TIME	CLASS	INSTRUCTOR	TYPE	ACCESS
06:00–07:00	HIIT – Gym Floor Grind	Liana	HIIT	Drop-In: FREE
09:00–10:00	HIIT – Low Impact Ignite	Liana	HIIT	Drop-In: \$15
12:00–12:45	Pilates - Reformer Align	Brittany	Pilates	Register: \$80
12:00–13:00	Virtual Spin	ICG Coach	Cycling	Drop-In: FREE
12:00–13:00	HIIT – Lunch Crunch	Brandon	HIIT	Drop-In: \$15
13:00–14:00	Cycling - Master the Ride	Brandon	Cycling	Drop-In: \$10

SATURDAY

TIME	CLASS	INSTRUCTOR	TYPE	ACCESS
09:00–10:00	HIIT – TRX Ignite	Liana	HIIT	Drop-In: FREE
10:30–11:15	Mat Pilates – Sculpt	Brittany	Pilates	Register: \$64
11:30–12:20	Pilates - Reformer Align	Brittany	Pilates	Register: \$80
12:00–13:00	Virtual Spin	ICG Coach	Cycling	Drop-In: FREE
13:00–14:00	HIIT – Weekend Warrior	Liana	HIIT	Drop-In: \$15

SUNDAY

TIME	CLASS	INSTRUCTOR	TYPE	ACCESS
08:00–08:50	Pilates – Reformer Strong	Brittany	Pilates	Register: \$80
09:00–09:50	Pilates – Reformer Align	Brittany	Pilates	Register: \$80
10:00–11:00	HIIT - TRX Ignite	Brandon	HIIT	Drop-In: FREE
12:00–13:00	Virtual Spin	ICG Coach	Cycling	Drop-In: FREE
13:00–14:00	Cycling – Ride Strong	Brandon	Cycling	Drop-In: FREE

Drop-In: FREE — Drop-in sessions are free to attend. Members must still register, but payment is not required.

Drop-In: \$ — Indicates a paid drop-in fee (see Access line for amount).

Register: \$ — Indicates a registered program (see Access line for fee).