



July Fitness Schedule

| | Mondays | Tuesdays | Wednesdays | Thursdays | Fridays |
|----------------------|-----------------------------------|--|-----------------------------------|-----------------------------------|---|
| 6:00-6:55am | | Get Lifted (Hannah) | | Get Lifted (Sawyer) | |
| 8:30-9:25am | | 8:30-10:30am Yoga for Everyone (Terry) | | | ABSolutely Pilates (Kim) |
| 9:00-9:55am | Peak Performance (Sawyer) | | | S.I.T (Jill) | Board & DRC Meeting 7/10/26 @ 9:00am |
| 9:30-10:25am | | | | | 9:30am Vinyasa Yoga (Sophie) |
| 12:00-12:55pm | | | | | Senior Strength (Braedan) |
| 3:30-5:15pm | Kids Camp Program in Studio | Kids Camp Program in Studio | Kids Camp Program in Studio | Kids Camp Program in Studio | Kids Camp Program in Studio |
| 5:30-6:25pm | Move Well (Sawyer) | | S.A.S (Lisa) | | |
| 6:30-7:25pm | | | Yin Yang Yoga (Kenneth) | | |

July Fitness Schedule Changes

Valley Vibes Spin class with Nancy has been taken off the schedule in July. Nancy looks forward to seeing you all back in the spin studio this fall!

Fitness Class Descriptions

ABSOLUTELY PILATES - Improve core strength and stabilization as you move through this fluid series of floor work exercises designed to strengthen your entire body, improve posture and increase flexibility. Cultivate mindfulness in your movement as precision and flow is emphasized.

FUNCTIONAL FITNESS BLAST — Functional Fitness Blast is a dynamic blend of multiple fitness disciplines designed to restore, strengthen, and energize your body from the inside out. This class fuses elements of Cardio Boxing, HIIT, Step, Functional Bodybuilding, Calisthenics, Spinning, and more to deliver a full-body training experience. You'll build strength, amplify your cardiovascular endurance, improve flexibility, and enhance overall movement quality. Perfect for all fitness levels, this high-energy class challenges you to move with purpose while promoting mobility, stability, and functional strength for everyday life.

GET LIFTED — Get Lifted is a unique fitness class that will use a combination of plyometric exercises and lifting weights, keeping the heart rate up for an all around fat burning work out!

MOVE WELL — This is a low impact, functional strength, circuit training class for all levels of fitness. This class will help improve your everyday life and hobbies! We will get stronger by doing movements that will incorporate balance, stabilizing, and mobility. Using many different types of equipment and practicing good form, this class will leave you feeling great!

PEAK PERFORMANCE — This high-intensity workout combines the best of both worlds: heart-pumping HIIT and effective strength training. Designed to improve cardiovascular endurance, build muscle, and burn fat, this class will push you to your limits. Whether you're lifting weights, performing bodyweight exercises, or incorporating functional movements, you'll experience a full-body workout that targets all major muscle groups. Suitable for all fitness levels, modifications will be provided to ensure everyone gets the most out of every session. Get ready to sweat, challenge yourself, and achieve results!

S.A.S — “Sculpt and Stretch” class is a dynamic workout that combines strength training and flexibility exercises to tone muscles and improve fitness. Leave feeling stronger and with increased mobility.

SENIOR STRENGTH — This class is tailored for seniors looking to stay active and socialize! This class combines low-impact exercises, stretching, and strength training to improve full body mobility, balance, and overall fitness. Whether you're a beginner or seasoned fitness enthusiast, our welcoming environment ensures everyone can participate at their own pace while having fun and building community bonds. Come join us and step into a healthier, happier you!

S.I.T. — “Strength and Interval Training” Another high energy conditioning class utilizing the step, bosu, weights and intervals to keep your heart pumping!

YIN YANG YOGA — Yin Yang yoga is a combination of high-energy movement, much like vinyasa, which builds heat and energy promoting power and endurance, followed by the more relaxing practice of Yin to give us a deeper grounding and calm the nervous system. Pranayama (breathwork) and mindfulness are weaved into this balanced offering to ease transitions and promote presence.

YOGA FOR EVERYONE — Terry Copeland, instructor/guide! We welcome everyone for any duration, at any time. We would love to have you stay for the full 2 hours, but if you only have a few minutes to breathe and move with us - please come when you can... you are not disturbing. The teacher will adapt the class to the wants/needs and timeline of those in attendance. Popular format: 8:30-9:30 - Yoga with foam rollers (facilitates stretching) 9:30- 5-10 min mid class Savasana (guided meditation/relax/recover/china gel option) 9:40-10:30- yoga stretches/balances at the bar and flows/challenges/class choices.