

DROP-IN FITNESS

Fall '25 SCHEDULE



Where to Find:

HAPPY HOUR in Spinning Room
 Life in Motion Spinning Rm or 231A/ Yoga 304
 Low/High Fit in 236
 SPINNING in Spinning Rm. 246

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM -10:00 AM					
11:00 AM - 11:50 AM		Flow Yoga - Tiffany		Flow Yoga - Tiffany	
12:00 PM - 1:00 PM		Spinning - Tiffany		Spinning - Tiffany	
5:00 PM - 6:00 PM		Happy Hour - Naz	Life in Motion - Naz	Happy Hour - Naz	
5:30 PM - 6:30 PM					
7:30 PM - 8:30 PM		Low Fit - Courtney		High Fit - Emily & Courtney	
SATURDAY	8:00am-8:45am Spinning– Tiffany	8:30am-9:30am Low Fit Emily, Courney, Kelcie	9am-10am Flow Yoga – Tiffany		

ALL ABILITIES WELCOME!

DROP-IN FITNESS CLASS INFO!



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High Fitness

A mix of high intensity with moderate/active recovery! Experience a modern twist on aerobics in a non-stop, action-packed mix of cardio, toning, and push tracks that will take your fitness to the next level. This no-equipment format uses simple, set choreography and will become the cardio workout you never dread. High is easy to follow and a total blast! Adaptable to all levels of fitness, you can go high or you can go low, but you will always leave feeling HIGH!

HAPPY HOUR & Life In Motion

“Bootcamp with a Twist!”

An interval training class that mixes calisthenics and body weight exercises with cardio and strength training. It's never the same workout with Naz, and these classes are designed to push participants harder than they'd push themselves, keeping the body guessing!

Flow Yoga

Flow Yoga for all experience levels! Stretch, Strengthen, Focus!

Yoga mats available.

Our yoga instructor will meet you where you are at on your yoga journey!

SPINNING

This indoor cycling class is designed for all fitness levels. The intensity of your ride is under your control, allowing you to work at a pace that is right for your body. Get your sweat on to time or music base aerobic endurance conditioning and anaerobic intervals training motivated by motivating and expert instructions! Classes focus on drills that build power and endurance on the bike and brief, high intensity, bursts that push past your anaerobic threshold to increase your cycling power.

Please bring water and a towel to class. Reserve your bike by placing your own water bottle in holder. Newcomers are always welcome! If you are new, please arrive 10 minutes before class start time and identify yourself to your instructor for assistance with bike setup and proper form.

Low Fitness

A lower impact, steady state cardio workout! Experience a modern twist on low-impact aerobics in a non-stop, action-packed mix of cardio and toning tracks that will take your fitness to the next level. This no-equipment format uses simple, set choreography to create an effective steady-state cardio workout. LOW is easy to follow and a total blast! Adaptable to all levels of fitness!

ALL ABILITIES WELCOME!