



GROUP FITNESS SCHEDULE

Effective September 1, 2025

START	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM	ROW (FA) 30 MIN	FUNCTIONAL FUSION (A) 45 MIN	SCULPT 45 (A) 45 MIN		RIDE 45 (A) 45 MIN		
7:15 AM	SIMPLY STRENGTH (FA) 30 MIN		SIMPLY STRENGTH (FA) 30 MIN		FULL BODY STRETCH (FA) 15 MIN		
8:00 AM	TBC (FA) 45 MIN	RHYTHM STRENGTH (FA) 45 MIN	20/20 (FA) 45 MIN	STRETCH & STRENGTH (FA) 30 MIN	TBC (FA) 45 MIN		
9:00 AM	X-TRAINING (A) 45 MIN	STEP (A) 45 MIN	SCULPT 45 (A) 45 MIN	HI-LO (A) 45 MIN	20/20 (A) 45 MIN	RIDE YOGA (A) 45 MIN	
9:15 AM	STRETCH & STRENGTH (FA) 30 MIN	STRETCH & STRENGTH (FA) 30 MIN	CORE BALANCE (FA) 30 MIN	CORE BALANCE (FA) 30 MIN			CHISEL & BURN (FA) 45 MIN
10:00 AM	STEP/HI-LO (A) 45 MIN	SCULPT 45 (A) 45 MIN	RIDE/WEIGHTS (A) 45 MIN	C/S/Y (FA) 45 MIN	C/S/Y (A) 45 MIN	STRETCH & STRENGTH (FA) 30 MIN	ZUMBA (A) 45 MIN
						RHYTHM STRENGTH (A) 45 MIN	
10:15 AM			CARDIO FIT (FA) 45 MIN		CORE BALANCE (FA) 30 MIN		
10:30 AM	STRETCH & STRENGTH (FA) 30 MIN	ZUMBA (FA) 45 MIN					
11:00 AM	TBC (A) 45 MIN	C/S/Y (A) 45 MIN	FUNCTIONAL FUSION (A) 45 MIN	BARS & BELLS (A) 45 MIN	RIDE 45 (A) 45 MIN	FUNCTIONAL FUSION (FA) 45 MIN	BARS & BELLS (A) 45 MIN
				STRETCH & STRENGTH (FA) 30 MIN	CARDIO FIT (FA) 45 MIN		
11:30 AM		ROW (FA) 30 MIN					
12:00 PM	CORE BALANCE (FA) 30 MIN		STRETCH & STRENGTH (FA) 30 MIN	TBC (FA) 45 MIN	ZUMBA (FA) 45 MIN	TBC (FA) 45 MIN	RIDE 45 (A) 45 MIN
	RIDE/WEIGHTS (A) 45 MIN		RIDE 45 (A) 45 MIN				
12:15 PM		CORE BALANCE (FA) 30 MIN			GENTLE FIT (A) 30 MIN		
1:00 PM	FULL BODY STRETCH (FA) 15 MIN	FULL BODY STRETCH (FA) 15 MIN	FULL BODY STRETCH (FA) 15 MIN	FULL BODY STRETCH (FA) 15 MIN	FULL BODY STRETCH (FA) 15 MIN	ROW (FA) 30 MIN	SIMPLY STRENGTH (FA) 30 MIN
1:30 PM	GENTLE FIT (FA) 30 MIN	TBC (FA) 45 MIN	GENTLE FIT (FA) 30 MIN	ROW (FA) 30 MIN	STRETCH & STRENGTH (FA) 30 MIN		
5:00 PM				RHYTHM STRENGTH (A) 45 MIN			
5:30 PM	CORE BOOT CAMP (A) 45 MIN		ROW/WEIGHTS (FA) 45 MIN		FUNCTIONAL FUSION (A) 45 MIN		
5:45 PM		BARS & BELLS (A) 45 MIN					
6:00 PM				C/S/Y (A) 45 MIN			
6:30 PM	RIDE 45 (A) 45 MIN		RIDE 45 (A) 45 MIN		STRETCH & STRENGTH (A) 30 MIN		
7:00 PM		FUNCTIONAL FUSION(A) 45 MIN		BARS & BELLS (A) 45 MIN			

Hardwood Floor (FA) | Group Fitness Studio A (A)

To view group fitness class updates, cancellation, and a personalized calendar, please log-in to your online Reh-Fit account.

- Level 1
- Level 2
- Level 3

Level	Class Title	What It Is	Best For
1	Core Balance	Gentle core and stability work using bodyweight or light equipment	Beginners or those concerned about falls or core weakness
1	Full Body Stretch	Guided stretching for the entire body	Anyone wanting to improve mobility or recover from exercise
1	Gentle Fit	Seated exercises for strength, range of motion, and energy	Those with limited mobility or returning to fitness after illness
1	Simply Strength	A beginner strength class using light dumbbells	New exercisers looking to start strength training safely
1	Stretch & Strength (S&S)	A full-body class combining strength training with targeted stretching	Beginners or anyone seeking a no-impact, feel-better-fast workout that supports mobility for life
2	20/20	20 minutes of cardio + 20 minutes of strength with weights	Those who want a balanced workout in under an hour
2	C/S/Y	Cardio, muscle-building strength, and calming yoga stretches	Those who enjoy variety and want a full-body workout that supports healthy aging
2	Cardio Fit	Easy-to-follow cardio exercises	Those who enjoy music-driven movement with a steady pace
2	Core Boot Camp	Moderate to challenging core and strength exercises	Those ready for a challenge beyond Level 1 core classes
2	Functional Fusion	Strength, cardio, and flexibility using real-life movements you use every day	Anyone who want to stay active, independent, and confident in how they move
2	Rhythm Strength	A strength class that combines, effective exercises with upbeat rhythms	Music lovers who want to tone up in a fun, creative way
2	Ride	Indoor cycling to music with varying speeds and resistance	All fitness levels looking for a non-impact cardio boost
2	Ride/Weights	Indoor cycling combined with off-bike strength training	People who want combo cardio and strength
2	Ride/Yoga	30 minutes of cycling, followed by a yoga-inspired stretch	Those who want both energy and recovery in one class
2	Row	Cardio on the rowing machine with proper technique focus	Anyone seeking a low-impact, total-body cardio workout
2	Sculpt 45 (Strong in 45)	A head-to-toe strength workout using weights in just 45 minutes	People who want to maintain muscle and boost energy
2	TBC (Total Body Conditioning)	Full-body workout including strength, core, balance, and flexibility	Intermediate exercisers looking to round out their routine
2	Zumba	A dance-inspired cardio class set to upbeat music	Anyone who loves to move and doesn't want fitness to feel like work
3	Bars & Bells	Strength training using barbells and dumbbells	Experienced exercisers wanting a structured, strength-focused class
3	Chisel & Burn	A high-energy mix of cardio, bodyweight exercises, and strength training designed to push you	Motivated adults looking for a full-body workout that delivers real results
3	Hi-Lo	Classic aerobics with options to modify for intensity	Cardio lovers who enjoy choreographed movement to music
3	Step	Rhythmic step combinations on an elevated platform	Fans of classic aerobics looking to boost heart health and lower-body strength with every step
3	Step Hi-Lo	A cardio-focused class that combines rhythmic step routines with classic high-low aerobics for variety and fun	Adults who enjoy choreographed workouts and want an energizing way to boost fitness
3	Xtraining	A no-nonsense fusion of cardio, strength, and bodyweight intervals	Advanced exercisers who thrive on challenge and variety