

NOVEMBER 2026

GROUP FITNESS CLASSES

MONDAYS
5:30 am | RPM/CORE
8:00 am | Fit for Life (Z)
8:30 am | RPM (30 min)
9:15 am | Fit for Life (Z)
10:15 am | Stretch & Mobility (Z)
10:15 am | Yoga: Vinyasa
11:00 am | Total Body
12:05 pm | BODYPUMP
4:30 pm | BODYCOMBAT
5:30 pm | Spin45
5:30 pm | Barrelates
5:35 pm | BODYPUMP

TUESDAYS
5:30 am | BODYPUMP
8:00 am | Fit for Life ***ADDED BACK!***
9:15 am | 3-2-1 Fit (Z)
10:15 am | Zumba Gold
12:05 pm | BODYATTACK
4:30 pm | BODYPUMP/CORE
5:30 pm | Pilates
5:30 pm | Spin45
5:35 pm | BODYJAM

WEDNESDAYS
5:30 am | SPRINT/CORE
8:00 am | Cardio/Core
8:30 am | SPRINT
9:15 am | Fit for Life (Z)
10:15 am | Yoga: Mixed Levels
10:30 am | Total Body
12:05 pm | BODYPUMP/CORE
4:30 pm | BODYCOMBAT
5:30 pm | BODYBALANCE
5:30 pm | SPRINT
6:00 pm | Zumba

THANKSGIVING 11/26
Club open 7am-11am
9:00am BODYPUMP
9:00am Spin45

THURSDAYS ***Modified Schedule 11/26 for Thanksgiving***
5:30 am | BODYPUMP
8:15 am | Sprinterval ***NEW CLASS TIME**
9:15 am | BODYPUMP/CORE
10:15 am | Stretch & Mobility (Z)
12:05 pm | BODYATTACK
4:30 pm | BODYPUMP
5:35 pm | CORE

FRIDAYS
5:30 am | SPIN45 ***No Class 11.27***
8:00 am | Fit for Life (Z)
9:15 am | RPM
9:15 am | Total Body ***No Class 11.27***
10:15 am | Zumba Gold
10:15 am | Yoga: Vinyasa
12:05 pm | BODYPUMP

SATURDAYS ***MODIFIED SCHEDULE 11/7 for PARTY!***
8:00 am | SPIN45
8:30 am | BODYPUMP
9:45 am | BODYATTACK

SUNDAYS
9:30 am | Zumba Gold
10:00 am | Spin45
11:00 am | BODYPUMP

SATURDAY NOVEMBER 7th Birthday Party and Launch!

Come join us and celebrate Performance's 18th Birthday!

Saturday November 7th:
8:00 am SPIN45 (45 min)
8:30 am BODYPUMP (60 min)
9:00 am SPRINT (30 min)
9:35 am CORE (30 min)
10:10 am ZUMBA (30 min)
10:15 am BODYBALANCE (30 min)
10:50 am BODYCOMBAT (30 min)
11:30 am BODYATTACK (30 min)

3-2-1 FIT (60 (min)
A total body conditioning class with the use of intervals and weight training to help spice up your workout. 3 minutes of cardio to peak the heart rate, 2 minutes of muscle toning, followed by 1 minute of absolute abs.

Barrelates (60 min)
This booty-busting Barre + Pilates fusion workout is the perfect way to lengthen, strengthen, and tone muscles (including some you didn't even know you had), by incorporating standing vertical training and balance. You'll also target your core with innovative floor work that will challenge you and test your endurance. Meet us at the Barre!

BODYATTACK™ (60 min)
A high-energy workout that will push you with strong, simple moves and pumping music. This is the most intense workout you'll find in the world of fitness.

BODYCOMBAT™ (60 min)
This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai.

BODYBALANCE™ (60 min)
A Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

BODYJAM™ (60 min)
The cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds put the emphasis as much on having fun as on breaking a sweat!

BODYPUMP™ (60 min)
A rapid fat-burning, full-body class using barbells and weights to give you the fastest way to tone and condition muscles.

Cardio/Core (60 min)
Combining cardio and core into a fun workout! This class will use a variety of cardio and other equipment. It will focus on cardiovascular endurance to get the blood flowing and heart rate elevated and dynamic core-stabilizing exercises which are important for daily life activities.

CORE™ (30 min)
A short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body. You will tighten your tummy and butt, while also improving functional strength and assisting in injury prevention.

Fit for Life (60 min)
Fun, full body workouts geared at improving cardiovascular fitness, total body strength, balance, and flexibility. Options will be given for all levels, low to high impact

PILATES (60 min)
A series of controlled movements engaging your body and mind that takes place primarily on the mat. As the Pilates method is extremely adaptable, it is also great for individuals just beginning exercise programs or with somewhat limited mobility and flexibility.

RPM™ (45 min)
The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain of hills, flats, time trials and interval training. Discover your athlete within!

SPIN45 (45 min)
Indoor cycling is a no-impact, calorie burning workout with invigorating music. Spin is for every level of fitness, from beginner to experienced.

SPRINT™ (30 min)
This high intensity workout uses stationary bike resistance to simulate gravity for sprint training, drag for power training, and weight for strength training. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast and will continue to burn calories for hours after each workout.

Sprinterval (45 min)
Get ready to boost your endurance and build strength in this high-energy, full-body workout! Sprinterval combines 8–10 minutes of intense cycling with a targeted muscle circuit, repeated three times for maximum results. All fitness levels welcome!

Stretch & Mobility (40 min)
Class consists of a complete warm up of muscles and joints, includes joint mobility exercises, and a total body stretch. Emphasis will be placed on increasing flexibility and joint mobility, decreasing stiffness, and improving the total body range of motion.

Total Body (60 min)
This whole body workout will utilize body weight and a variety of equipment (step, ball, bands, dumbbells, chair, etc) working one minute at a time. Using time, you can choose the intensity and number of repetitions within your fitness level. A class for all levels and ages.

TNT (60 min)
A complete workout that combines blocks of strength, cardio, core, and balance training that are for all ages, abilities and fitness levels. Choose your own pace and intensity. A dynamite workout!

YOGA: Mixed Levels (60 min)
Class will promote mind-body connection through breath and alignment based movement to improve strength, balance, posture, flexibility, and to calm the nervous system.

YOGA: Vinyasa (60 min)
Building strength with multiple chaturangas, this class offers participants the opportunity to play with advanced arm balances and challenges your center of gravity in varying standing poses.

Zumba® (60 min)
Zumba is one of the most popular group exercise classes in the world. It incorporates a variety of Latin-inspired dance moves and music to improve cardio, promote flexibility and balance, and decrease stress. You don't need to be a good dancer to attend Zumba. Classes emphasize moving to the music and having a good time; no rhythm or coordination is required. All steps can be modified, depending on individual needs. Join us for a good-time, good-for-you workout.

Zumba® Gold (60 min)
This class if perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.