




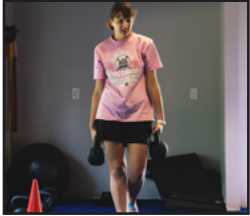
February 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 RISE CLOSED No programming	2 ● Fundamentals 9-9:45am ● Fundamentals 10-10:45am ● Rise For Life 11-11:45am ● Fundamentals 3:30-4:15pm ● Fundamentals 5-5:45pm ● Fundamentals 6-6:45pm	3 ● Fundamentals 9-9:45am ● Rise & Flow 10-10:45am ● Fundamentals 3:30-4:15pm ● Rise & Flow 4:30-5:15pm ● Amplified 6-6:45pm	4 ● Rise & Flow 9-9:45am ● Fundamentals 10-10:45am ● Rise For Life 11-11:45am ● Fundamentals 6-6:45pm	5 ● Fundamentals 9-9:45am ● Rise & Flow 10-10:45am ● Fundamentals 3:30-4:15pm ● Amplified 5-5:45pm	6 ● Fundamentals 9-9:45am ● Rise & Flow 10-10:45am  CRAFT NIGHT! 6:30-8:00pm	7 ● Fundamentals 9:30-10:15am ● Amplified 10:30-11:15am ● Move, Make Play
8 RISE CLOSED No programming	9 ● Fundamentals 9-9:45am ● Fundamentals 10-10:45am ● Rise For Life 11-11:45am ● Fundamentals 3:30-4:15pm ● Fundamentals 5-5:45pm ● Fundamentals 6-6:45pm	10 ● Fundamentals 9-9:45am ● Rise & Flow 10-10:45am ● Fundamentals 3:30-4:15pm ● Rise & Flow 4:30-5:15pm ● Amplified 6-6:45pm	11 ● Rise & Flow 9-9:45am ● Fundamentals 10-10:45am ● Rise For Life 11-11:45am ● Fundamentals 6-6:45pm	12 ● Fundamentals 9-9:45am ● Rise & Flow 10-10:45am ● Fundamentals 3:30-4:15pm ● Amplified 5-5:45pm	13 ● Fundamentals 9-9:45am ● Rise & Flow 10-10:45am	14 ● Fundamentals 9:30-10:15am ● Amplified 10:30-11:15am
15 RISE CLOSED No programming	16 ● Fundamentals 9-9:45am ● Fundamentals 10-10:45am ● Rise For Life 11-11:45am ● New Vista 1:00pm-1:45pm ● Fundamentals 3:30-4:15pm ● Fundamentals 5-5:45pm ● Fundamentals 6-6:45pm	17 ● Fundamentals 9-9:45am ● Rise & Flow 10-10:45am ● Fundamentals 3:30-4:15pm ● Rise & Flow 4:30-5:15pm ● Amplified 6-6:45pm	18 ● Rise & Flow 9-9:45am ● Fundamentals 10-10:45am ● Rise For Life 11-11:45am ● Fundamentals 6-6:45pm	19 ● Fundamentals 9-9:45am ● Rise & Flow 10-10:45am ● Fundamentals 3:30-4:15pm ● Amplified 5-5:45pm	20 ● Fundamentals 9-9:45am ● Rise & Flow 10-10:45am  Business Open House Event 11:30am-1:00pm	21 ● Fundamentals 9:30-10:15am ● Amplified 10:30-11:15am ● Move, Make Play
22 RISE CLOSED No programming	23 ● Fundamentals 9-9:45am ● Fundamentals 10-10:45am ● Rise For Life 11-11:45am ● Fundamentals 3:30-4:15pm ● Fundamentals 5-5:45pm ● Fundamentals 6-6:45pm	24 ● Fundamentals 9-9:45am ● Rise & Flow 10-10:45am ● Fundamentals 3:30-4:15pm ● Rise & Flow 4:30-5:15pm ● Amplified 6-6:45pm	25 ● Rise & Flow 9-9:45am ● Fundamentals 10-10:45am ● Rise For Life 11-11:45am ● Fundamentals 6-6:45pm	26 ● Fundamentals 9-9:45am ● Rise & Flow 10-10:45am ● Fundamentals 3:30-4:15pm ● Amplified 5-5:45pm	27 ● Fundamentals 9-9:45am ● Rise & Flow 10-10:45am	28 ● Fundamentals 9:30-10:15am ● Amplified 10:30-11:15am
1 RISE CLOSED No programming	CLASS BOOKING REMINDER: Please do not arrive to the gym unless you have already booked the class. If you are on the wait list for a class, do not arrive unless you have received confirmation that you are booked. We periodically adjust class capacity to ensure we can meet the needs of all of our sathletes in a safe environment.					

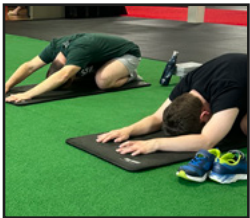
● Special Programming is typically available from 1:00pm - 5:00 when classes are not scheduled. This time is available for our partner organizations, one-on-one training, and semi-private classes.

Class Offerings



● **FUNDAMENTALS** • 45 Minutes

Our core training offering which focuses on a variety of foundational components, such as strength, power development, coordination, mobility, skill transfer, and games. Utilizing stations, athletes rotate through exercises that are designed to transfer over to activities of daily living, all in a fun and encouraging atmosphere.



● **RISE & FLOW** • 45 Minutes

These sessions focus on yoga, somatic practices, mindfulness, and calming techniques. Practices learned in Rise & Flow are created for a neurodiverse population and meant to assist with coping skills and how to respond to stress, tension, worry, anxiety and depression. Yoga poses and somatic movement helps support rest, relaxation, digestion supports, and mobility.



● **AMPLIFIED** • 45 Minutes

Built on the foundational movements that comprise our Fundamentals class, athletes who attend Amplified will also be introduced to more complex movements with a fun mix of higher-intensity interval training elements.

**Contact us prior to booking a class with Amplified.*



● **RISE FOR LIFE** • 45 Minutes

This class is designed for adults (ages 65+) who want to strive to continue living life abundantly. Rise For Life focuses on functional movements that will translate to everyday life. We will incorporate adaptive and inclusive principles to help everyone move better, feel better, and live better. No experience necessary!



● **SPECIAL PROGRAMMING**

This block of time is dedicated to working with our partner organizations and their clients. We also have opened this time for personal training sessions, which are either one-on-one or semi-private group training.