

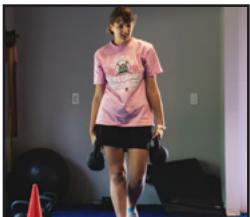
February 2026



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	<p>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.</p> <p>Scan the QR code to the right to download a printable PDF of the current calendar.</p> 					

 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

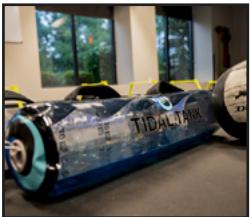
Built on the foundational movements that comprise our Fundamentals class, athletes who attend Amplified will also be introduced to more complex movements with a fun mix of higher-intensity interval training elements.

**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.