



SPRING

2026

Join us! We will be offering FREE fitness classes made possible by the Methodist Healthcare Ministries 2026 Community Investment Grant and Community Exercise Outreach.

FITNESS CLASSES:

Noon Burn

Walking

Weight Lifting

Circuit Training

Dynamic Stretching

Pilates

Fitness Equipment 101

Classes will begin February 2, 2026

Circuit training and Dynamic Stretching will be held at Weavers of Love

MON

7am – 7:45am
Weight Lifting
(Alexia + Ryan)
HREC 230

9am-9:45am
Fitness
Equipment 101
(Carley)
STRC- Weight
Room

12pm – 12:45pm
Noon Burn
(Damien)
SPEC- Group Ex
Room

6pm – 7pm
Walking
(Pushti Poshati
& Anette
Morales)
STRC- Track

TUE

12pm – 12:45pm
Pilates
(Carley)
SPEC- Group Ex
Room

3pm-3:45pm
Fitness
Equipment 101
(Ryan)
STRC- Weight
Room

6pm – 7pm
Walking
(Pushti Poshati
& Anette
Morales)
STRC- Track

6pm – 6:30pm
Circuit training

6:30pm-7:00pm
Dynamic
Stretching

WED

7am – 7:45am
Weight Lifting
(Alexia + Ryan)
HREC 230

9am-9:45am
Fitness
Equipment 101
(Carley)
STRC- Weight
Room

12pm – 12:45pm
Noon Burn
(Damien)
SPEC- Group Ex
Room

6pm – 7pm
Walking
(Pushti Poshati
& Anette
Morales)
STRC- Track

THU

12pm – 12:45pm
Pilates
(Carley)
SPEC- Group Ex
Room

3pm-3:45pm
Fitness
Equipment 101
(Ryan)
STRC- Weight
Room

6pm – 7pm
Walking
(Pushti Poshati
& Anette
Morales)
STRC- Track

6pm – 6:30pm
Circuit training

6:30pm-7:00pm
Dynamic
Stretching