



# 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	TUE	WED	THU
7am – 7:45am Weight Lifting (Alexia + Ryan) HREC 230		7am – 7:45am Weight Lifting (Alexia + Ryan) HREC 230	
9am-9:45am Fitness Equipment 101 (Carley) STRC- Weight Room		9am-9:45am Fitness Equipment 101 (Carley) STRC- Weight Room	12pm – 12:45pm Pilates (Carley) SPEC- Group Ex Room
12pm – 12:45pm Noon Burn (Damien) SPEC- Group Ex Room	12pm – 12:45pm Pilates (Carley) SPEC- Group Ex Room	12pm – 12:45pm Noon Burn (Damien) 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		6pm – 6:30pm Circuit training
	6:30pm-7:00pm Dynamic Stretching		6:30pm-7:00pm Dynamic Stretching