



PINES COMMUNITY
WELLNESS CENTER



CLASS SCHEDULE

SUMMER/FALL 8 WEEK SESSION

AUGUST 17 - OCTOBER 10, 2026

MONDAY

**Circuits &
Strength**

7:00-8:00 AM

StrongBodies
8:30-9:30 AM

Chair Yoga
Strength
10:30-11:30 AM

Yoga
5:00-6:00 PM

Bikes N Beats
5:15-6:15 PM

TUESDAY

HIIT/X-Fit
6:00-7:00 AM

Total Body Senior X
(TBS Xtreme)
7:00-8:00 AM

Total Body Senior X
(TBS Xtreme)
8:30-9:30 AM

Total Body Senior
(TBS)
9:45-10:45 AM

WEDNESDAY

**Circuits &
Strength**

7:00-8:00 AM

StrongBodies
8:30-9:30 AM

Senior Stretch
& Strength
10:30-11:30 AM

Relax and
Refresh Yoga
12:15-1:15 PM

Rhythm Weights
5:00-6:00 PM

THURSDAY

HIIT/X-Fit
6:00-7:00 AM

Total Body Senior X
(TBX Xtreme)
7:00-8:00 AM

Total Body Senior X
(TBX Xtreme)
8:30-9:30 AM

Total Body
Senior (TBS)
9:45-10:45 AM

Bikes N Beats
5:15-6:15 PM

FRIDAY

Total Body Senior
(TBS)
8:00-9:00 AM

Not Quite Yoga
9:15-10:15 AM

SATURDAY

Powerbeats
7:45-8:45 AM

Chair Yoga
9:00-10:00 AM

StrongBodies Classes begin September 14th



**Stronger
Together!**