FORTUNA FITNESS SCHEDULE

November 2026

HealthSPORT

CLUB FACILITY 24/7 Access **STAFFED** Mon-Fri: 9am-9pm and Sat/Sun: 9am-2pm

HSALIGN STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50am Reformer ($) Diann	**6:00-6:50am** Pilates Circuit ($) Diann	**6:00-6:50am** Jumpboard Reformer ($) Diann	**6:00-6:50am** Pilates Circuit ($) Diann	**6:00-6:50am** Reformer ($) Diann		
9:00-9:50am Restorative Pilates Mat ($) Diann		**9:00-9:50am** Pilates Mat ($) Jenna		**9:00am-9:50am** Reformer ($) Diann	**9:00-9:50am** Pilates Circuit ($) Serena	
	10:00-11:00am Functional Flow ($) Diann	**10:00-10:50am** Everyday Strength Amanda **Included with membership*	**10:00-11:00am** Functional Flow ($) Diann		**10:00-11:00am** Gentle Flow ($) Serena	
5:30-6:20pm Barre Sculpt ($) Serena	**5:30-6:20pm** Jumpboard Reformer ($) Diann	**5:30-6:20pm** Barre Sculpt ($) Serena				
6:30-7:20pm Reformer ($) Serena		**6:30-7:20pm** Reformer($) Serena				

CLASS DESCRIPTIONS

Barre Sculpt:
This dynamic workout combines ballet-inspired movements with strength training exercises to sculpt and tone your muscles from head to toe. You'll experience a deep burn and a sense of accomplishment as you work through each targeted exercise. Get ready to lift, lengthen, and strengthen, and leave feeling confident and invigorated!

Pilates Mat:
This core-focused workout targets muscles throughout your body, improving flexibility, posture, and overall strength. You'll experience a sense of lengthening and toning, leaving you feeling invigorated and more aware of your body. Get ready to sculpt and strengthen with precision, and leave feeling empowered aligned.

Restorative Pilates Mat:
This gentle, core-focused workout focuses on slow, controlled movements to promote relaxation, release tension, and improve flexibility. You'll experience a sense of calmness and renewal as you unwind and let go of stress. Get ready to nourish your body, calm your mind, and leave feeling refreshed, balanced, and ready to embrace a sense of tranquility.

Reformer:
This dynamic workout on the Pilates Reformer targets muscles throughout your body, improving strength, flexibility, and posture. You'll experience a deep muscle burn and a sense of alignment as you move through each exercise. Get ready to sculpt and strengthen with precision, and leave feeling lengthened, toned, and centered. All levels welcome.

Pilates Circuit:
You'll leave the class feeling energized and strengthened, with improved posture, and increased flexibility, and toned muscles throughout the body. It's a dynamic experience that invigorates the mind and body, setting the stage for continued progress and a deeper connection to your fitness goals.

***Space is limited. Reservations recommended.**
***Limited Yoga props available. Please bring your own mat.**
***Socks required, sticky socks recommended (Pilates).**

Everyday Strength:
This class is designed to improve mobility, strength, and balance for active agers. You'll enjoy gentle movements, stretches, and functional exercises that leave you feeling more agile and capable. Say goodbye to stiffness and hello to increased vitality and independence! **Included in membership**

Gentle Flow:
This soothing yoga practice combines gentle movements, breathwork, and relaxation techniques to promote a sense of calmness and well-being. You'll experience a deep release of tension and a heightened sense of mindfulness as you flow through the poses with ease. Get ready to unwind, let go of stress, and leave feeling refreshed, balanced, and at peace.

Functional Flow:
This dynamic workout integrates functional movements with flowing sequences to enhance mobility, strength, and overall fitness. You'll experience a sense of fluidity and connection with your body as you move through each movement with intention and focus. Get ready to boost your functional fitness and feel revitalized!

Jumpboard Reformer:
Experience the ultimate low-impact, high-intensity reformer workout! Jumpboard Reformer replaces the traditional footbar with a padded jumpboard, transforming your reformer into a horizontal jump-training machine. This dynamic class combines classic Pilates core work with invigorating cardio bursts, quickly elevating your heart rate while remaining gentle on your joints. Prepare for a full-body challenge!

HealthSPORT
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