FORTUNA FITNESS SCHEDULE

November 2026

HealthSPORT

CLUB FACILITY See class times

HealthSPORT 2.0

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00-12:50pm Forge: Maintain ($) Amy		**12:00-12:50pm** Forge: Ignite ($) Amy		**12:00-12:50pm** Forge: Maintain ($) Amy		
4:00-4:50pm Forge: Ignite ($) Kristen	**4:00-4:50pm** Forge: Maintain ($) Kristen	**4:00-4:50pm** Forge: Ignite ($) Kristen	**4:00-4:50pm** Forge: Maintain ($) Kristen			
5:30-6:20pm Forge: Build ($) Kristen	**5:30-6:20pm** Forge: Ignite ($) Kristen	**5:30-6:20pm** Forge: Build ($) Kristen	**5:30-6:20pm** Forge: Ignite ($) Kristen	**5:30-6:20pm** Forge: Ignite ($) Carrie		
	6:30-7:20pm Forge: Maintain ($) Carrie		**6:30-7:20pm** Forge: Maintain ($) Carrie			

SESSION DESCRIPTIONS

Forge: Maintain
Perfect for any fitness level — and especially great for beginners. This balanced full-body class mixes light strength, low-impact cardio, and mobility to build energy, confidence, and long-term strength.

Forge: Build
Designed for those with previous experience in weight training. This program pushes limits with progressive strength splits, power circuits, and high-intensity cardio — delivering serious results in strength, endurance, and performance.

***Space is limited. Reservations recommended.**

Forge: Ignite
Built for all fitness levels, this fast-paced circuit torches calories and keeps your heart rate up from start to finish. You'll power through stations combining strength, cardio, and boxing on the heavy bag for a high-energy, total-body burn.

