

# FORTUNA FITNESS SCHEDULE

## December 2025

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
<b>6:00-6:50am</b> Pilates Circuit Diann	<b>6:00-6:50am</b> RevUp Reformer Diann	<b>6:00-6:50am</b> Pilates Circuit Diann	<b>6:00-6:50am</b> Reformer Diann			
<b>9:00-9:50am</b> Pilates Strength Diann				<b>9:00am-9:50am</b> Reformer Diann	<b>9:00-9:50am</b> Pilates Circuit Serena	
	<b>10:00-11:00am</b> Functional Flow Diann	<b>10:00-10:50am</b> Everyday Strength Amanda <i>*Included with membership</i>	<b>10:00-11:00am</b> Functional Flow Diann		<b>10:00-11:00am</b> Gentle Flow Serena	
<b>5:30-6:20pm</b> Barre Sculpt Andrea	<b>5:30-6:20pm</b> RevUp Reformer Diann	<b>5:30-6:20pm</b> Barre Sculpt Serena	<b>5:30-6:20pm</b> Pilates Circuit Serena			
<b>6:30-7:20pm</b> Reformer Andrea		<b>6:30-7:20pm</b> Reformer Diann				

## 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 Strength:**

This focused workout targets core strength, flexibility, and muscle tone using Pilates principles and light weights. You'll experience a deep muscle burn and a sense of empowerment as you engage your core and work through each controlled movement. Get ready to sculpt, tone, and leave feeling strong and balanced!

### **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.

### **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.

### **Pilates Fusion Series:**

Accelerate your fitness with a unique cardio Pilates class that combines Reformer Jumpboard and TRX suspension training. You will feel energized, strong, and balanced, and experience a refreshing sense of accomplishment.

**\*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!

### **RevUp Reformer:**

This high-intensity workout on the Pilates Reformer combines dynamic movements and cardio bursts to elevate your heart rate and challenge your muscles. You'll experience a rush of endorphins and a sense of accomplishment as you push your limits and power through the workout. Get ready to rev up your fitness, boost your energy, and leave feeling strong.

**HealthSPORT**

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