

FORTUNA FITNESS SCHEDULE

March 2026

HealthSPORT

CLUB FACILITY See class times

HealthSPORT 2.0

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:00-9:50am Forge: Ignite (\$) Amy		9:00-9:50am Forge: Ignite (\$) Amy			
10:00-10:50am Bodies for Birdies (\$) Joe		10:00-10:50am Bodies for Birdies (\$) Joe				
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 (\$) Kristen		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.

Bodies for Birdies:

Take your golf game to the next level with Bodies for Birdies, a class designed to improve your strength, mobility, and overall performance on the course! This unique program combines golf-specific strength training with active recovery to help you swing harder, move more fluidly, and prevent injury.

Each week, you'll focus on a different aspect of your body's needs for golf: Building power in your swing, improving core stability, enhancing flexibility, and increasing range of motion. The strength portion will help you develop the explosive power and endurance needed for a solid game, while the active recovery portion will focus on increasing flexibility, strengthening stabilizing muscles, and improving balance.

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.

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.**