

FORTUNA FITNESS SCHEDULE

June 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 | | | |
| 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.

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.

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.

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

