



2025 Fitness Room and Class schedule

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------|---|---|---|---|---|
| 8:00am | Fitness Room Open 8am - 12:30pm Forever Young Strength 10:00-10:45 Fairview Fit 11:15-11:45 | Fitness Room Open 8am— 12:30pm Chair Yoga 11:00- 11:45 | Fitness Room Open 8am-12:30pm Fairview Fit 11:15 - 11:45am | Fitness Room Open 8am— 12:30pm Chair Yoga 11:00- 11:45 | Fitness Room Open 8am-12:30pm Fairview Fit 11:15-11:45am |
| 9:00am | | | | | |
| 10:00am | | | | | |
| 11:00am | | | | | |
| 1:00pm | Fitness Room Open 1pm-4pm | Fitness Room Open 1pm-4pm | Fitness Room Open 1pm-4pm | Fitness Room Open 1pm-4pm | Fitness Room open 1pm-4pm TRX 1:00-1:45 |
| 2:00pm | | | | | Yoga 2:00-2:45 |
| 3-4pm | | | | | |

**Fitness room is not supervised on Monday, Wednesday, Friday when classes are running or after opening hours.

Fitness Program Descriptions

Chair Yoga: Enjoy all the benefits of yoga from the comfort of your chair. Help your physical, mental and emotional wellbeing by connecting your body, mind and spirit.

Forever Young Strength: Get your muscles toned and strong during this total body resistance class. Variations in exercises are provided to accommodate everyone.

Drum Jam: Drumming is an energizing and uplifting workout that is loads of FUN! Sit or stand while you drum to the beat. No music experience is required.

Keep Fit: This class will help improve your endurance, strength, flexibility and balance. Moderate-intensity exercises predominantly instructed while standing but variations available.

Fairview Fit: This lower-intensity class has opportunity for some standing exercises but the entire class may be done sitting. Combination of cardio, range of motion

TRX: AKA: Total Body Resistance Exercise. Strengthen your body by using secure, canvas straps attached to the wall while you progress through instructor-led movements.

Mat Yoga: This class offers traditional yoga poses in standing and floor poses. We have mats available or bring your own. This is an exceptional way to wind down the week.

Fitness Room: Drop in our fitness room, we offer a variety of strength and cardio equipment. We also offer guidance from a certified kinesiologist who can help you get started on your fitness journey. The fitness room is supervised Monday-Friday 8-4 (afterhours and Monday, Wednesday and Friday during class times unsupervised)

**Please see staff for afterhours & weekend hours.