

September 2026 Fitness Class Schedule

Classes Subject to change – Check MONTCRC.COM or Facebook for most current updates

New Advanced Strength and Gentle Fitness Trainings starting in September!!!!!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	August 31	1	2	3	4	5
No Fitness Classes	Strength, Core & More–8:30AM Stretch & Tone – 9:30 AM SS Classic – 11:00 AM Pilates/Barre – 5:45 PM Yoga – 7:00 PM	Dance Party – 9:30 AM Balance/Stability-11:00AM Barre – 5:45 PM Spin – 6:30 PM	HIIT Class – 8:30 AM No Tabata Strengthen & Tone-9:30 AM SS Cardio Circuit-11:00 Am Zumba Toning – 6:15 PM	No Dance Party Move with Music–11:00 AM Yoga – 5:45 PM Yoga- 7:00 PM	HIIT Class – 8:30 AM Chair Yoga – 9:30 AM Gentle Flow Yoga-10:45AM	Zumba – 9:00 AM Spin – 9:00 AM
6	7	8	9	10	11	12
No Fitness Classes	No Classes Labor Day	Dance Party – 9:30 AM Balance/Stability-11:00AM Barre – 5:45 PM Spin – 6:30 PM	HIIT Class – 8:30 AM Tabata – 9:30 AM Strengthen & Tone-9:30 AM SS Cardio Circuit-11:00 Am Zumba Toning – 6:15 PM	No Dance Party Move with Music–11:00 AM Yoga – 5:45 PM Yoga- 7:00 PM	HIIT Class – 8:30 AM Chair Yoga – 9:30 AM Gentle Flow Yoga-10:45AM	Zumba – 9:00 AM Spin – 9:00 AM
13	14	15	16	17	18	19
No Fitness Classes	Strength, Core & More–8:30AM Stretch & Tone – 9:30 AM SS Classic – 11:00 AM Pilates/Barre – 5:45 PM Yoga – 7:00 PM	Dance Party – 9:30 AM Balance/Stability-11:00AM No Barre Spin – 6:30 PM	HIIT Class – 8:30 AM Tabata – 9:30 AM Strengthen & Tone-9:30 AM SS Cardio Circuit-11:00 Am Zumba Toning – 6:15 PM	Dance Party – 9:30 AM Adv Strength Train–9:30AM Gentle Fitness – 10:45 AM Move with Music–11:00 AM Yoga – 5:45 PM Yoga- 7:00 PM	HIIT Class – 8:30 AM Chair Yoga – 9:30 AM Gentle Flow Yoga-10:45AM	Zumba – 9:00 AM Spin – 9:00 AM
20	21	22	23	24	25	26
No Fitness Classes	Strength, Core & More–8:30AM Stretch & Tone – 9:30 AM SS Classic – 11:00 AM Pilates/Barre – 5:45 PM Yoga – 7:00 PM	No Dance Party Balance/Stability-11:00AM Barre – 5:45 PM Spin – 6:30 PM	HIIT Class – 8:30 AM Tabata – 9:30 AM No Strengthen & Tone NO SS Cardio Circuit Zumba Toning – 6:15 PM	Dance Party – 9:30 AM Adv Strength Train–9:30AM Gentle Fitness – 10:45 AM Move with Music–11:00 AM Yoga – 5:45 PM Yoga- 7:00 PM	No HIIT Class Chair Yoga – 9:30 AM Gentle Flow Yoga-10:45AM	Zumba – 9:00 AM Spin – 9:00 AM
27	28	29	30	Oct 1	Oct 2	Oct 3
No Fitness Classes	No Strength, Core & More No Stretch & Tone No SS Classic Pilates/Barre – 5:45 PM Yoga – 7:00 PM	Dance Party – 9:30 AM Balance/Stability-11:00AM Barre – 5:45 PM Spin – 6:30 PM	HIIT Class – 8:30 AM Tabata – 9:30 AM Strengthen & Tone-9:30 AM SS Cardio Circuit-11:00 Am Zumba Toning – 6:15 PM	Dance Party – 9:30 AM Adv Strength Train–9:30AM Gentle Fitness – 10:45 AM Move with Music–11:00 AM Yoga – 5:45 PM Yoga- 7:00 PM	HIIT Class – 8:30 AM Chair Yoga – 9:30 AM Gentle Flow Yoga-10:45AM	Zumba – 9:00 AM Spin – 9:00 AM

