

February 2026 Fitness Class Schedule

Classes Subject to change – Check MONTCRC.COM or Facebook for most current updates
Schedule will be updated periodically as we continue to on-board instructors

**Please Note: Change in time to Monday/Thursday evening classes
and New Tuesday/Thursday Silver Sneakers Classes at 11:00AM**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 No Fitness Classes	2 Strength, Core & More–8:30AM Stretch & Tone – 9:30 AM SS Classic – 11:00 AM Pilates/Barre – 5:45 PM Yoga – 7:00 PM	3 Dance Party – 9:30 AM Balance/ Stability11:00AM Barre – 5:45 PM Spin – 6:30 PM	4 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	5 Dance Party – 9:30 AM Yoga Stretch – 11:00 AM Yoga – 5:45 PM Yoga- 7:00 PM	6 HIIT Class – 8:30 AM	7 Zumba – 9:00 AM Spin – 9:00 AM
8 No Fitness Classes	9 Strength, Core & More–8:30AM Stretch & Tone – 9:30 AM SS Classic – 11:00 AM Pilates/Barre – 5:45 PM Yoga – 7:00 PM	10 Dance Party – 9:30 AM Balance/ Stability11:00AM Barre – 5:45 PM Spin – 6:30 PM	11 HIIT Class – 8:30 AM Tabata – 9:30 AM Strengthen & Tone-9:30 AM SS Cardio Circuit-11:00 Am Gentle Flow Yoga- 11:30 AM Zumba Toning – 6:15 PM	12 No Dance Party Yoga Stretch – 11:00 AM Yoga – 5:45 PM Yoga- 7:00 PM	13 HIIT Class – 8:30 AM Chair Yoga – 9:30 AM	14 Zumba – 9:00 AM Spin – 9:00 AM
15 No Fitness Classes	16 No Strength, Core & More Stretch & Tone – 9:30 AM SS Classic – 11:00 AM Pilates/Barre – 5:45 PM Yoga – 7:00 PM	17 Dance Party – 9:30 AM Balance/ Stability11:00AM Barre – 5:45 PM Spin – 6:30 PM	18 HIIT Class – 8:30 AM Tabata – 9:30 AM Strengthen & Tone-9:30 AM SS Cardio Circuit-11:00 Am Gentle Flow Yoga- 11:30 AM Zumba Toning – 6:15 PM	19 Dance Party – 9:30 AM Yoga Stretch – 11:00 AM Yoga – 5:45 PM Yoga- 7:00 PM	20 HIIT Class – 8:30 AM Chair Yoga- 9:30 AM	21 Zumba – 9:00 AM Spin – 9:00 AM
22 No Fitness Classes	23 Strength, Core & More–8:30AM Stretch & Tone – 9:30 AM SS Classic – 11:00 AM Pilates/Barre – 5:45 PM Yoga – 7:00 PM	24 Dance Party – 9:30 AM Balance/ Stability11:00AM Barre – 5:45 PM Spin – 6:30 PM	25 HIIT Class – 8:30 AM Tabata – 9:30 AM Strengthen & Tone-9:30 AM SS Cardio Circuit-11:00 Am Gentle Flow Yoga- 11:30 AM Zumba Toning – 6:15 PM	26 Dance Party – 9:30 AM Yoga Stretch – 11:00 AM Yoga – 5:45 PM Yoga- 7:00 PM	27 HIIT Class – 8:30 AM Chair Yoga – 9:30 AM	28 Zumba – 9:00 AM Spin – 9:00 AM

Pilates/Barre: (Lighter Weights, Balls and Bands – bring a mat)

This class focuses on strengthening and toning your body with isometric movements. Holding your body still while you contract specific muscles until you shake and feel the burn!

Chair Yoga: This accessible class supports both physical and mental well being through mindful movement, stretching, and breathwork. It helps build strength, improve flexibility and balance, and promote relaxation in a safe and welcoming environment.

Gentle Flow Yoga: Move smoothly through gentle yoga sequences that connect breath with movement to build strength and flexibility. This class encourages mindful awareness, improved balance, and a sense of calm- ideal for all experience levels.

Dance Party: (no chairs or any other equipment)

We will be sure to get your body moving. A great workout for all levels of fitness enthusiasts, this class combines cardiovascular training and toning exercises, for a superior total body workout.

HIIT: High Intensity Interval Training: (heavy weights and sliders)

HIIT workouts will range from intervals to circuits, to AMRAPs (as many rounds as possible). This is a full, total body workout with a combination of cardio and strength exercises. This workout will rev your heart rate, increase your metabolism, burn calories, and build muscular strength.

Tabata: (heavy and light weights and sliders)

This new class is a higher intensity version of HIIT with shorter and more rigidly defined workouts. Be ready to build your cardiorespiratory endurance by cramming maximum muscle-burning into a minimal time frame.

Spin Class: (Bikes are in Spin Room on second floor)

This Indoor cycling class involves pedaling on a stationary bike while using various levels of speed and resistance.

SS Classic, SS Stability & SS Cardio: (Includes chairs, bands, light weights, and balls)

Fun but challenging Senior Classes that emphasize improving strength, flexibility, and muscle toning.

Strength Core & More: (Heavy and light weights)

This class focuses on everything from your shoulders to your knees, creating a stable core. You'll work on strength, conditioning, toning, balance and even cardio. A variety of formats and equipment will be used. All fitness levels are welcome!

Strengthen & Toning: (Light weights, balls, resistance bands, and your own body weight – bring a mat)

Work all muscle groups with a variety of strength and conditioning exercises. This class tones the upper and lower body. Please bring a mat for floor work.

Stretch & Tone: (Light weights, balls, resistance bands, and your own body weight – bring a mat)

Work all muscle groups with a variety of stretching and conditioning exercises. This class works the upper and lower body. Please bring a mat for floor work.

Yoga: (No equipment- bring a mat)

In this class, the basic, foundational yoga postures are practiced aligning, strengthening, and it promotes flexibility in the body.

Zumba Toning: (Zumba sticks or smaller weights used)

It targets the abs, thighs, arms, & other muscles throughout the body. This Zumba class provides participants with a cardio workout and strength training.

Zumba: (No equipment or mat required)

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy, and a serious dose of awesome each time you leave class.