Galter Life Center
Focused Fitness: Specialty Small Group Class Schedule

effective: October 5, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:30-7:15 a.m. HIIT 360 Rodney Synrgy 360		6:30-7:15 a.m. HIIT 360 Nicole Studio 3			
7-7:50 a.m. SwimFit Peter West Pool						
	8-8:50 a.m. Stretch & Springs Andrew Pilates Studio				8-8:55 a.m. ABC Peter Synrgy 360	
9:30-10:10 a.m. Barre Fit Pamela Studio 2		9:15-10:10 a.m. Fluidity Barre Shannon/Pamela Studio 2	9:30-10:20 a.m. Stretch & Springs Juliet Pilates Studio	9:30-10:20 a.m. Fluidity Barre Shannon Studio 2	10:30-11:20 a.m. Stretch & Springs Joe Pilates Studio	9-9:50 a.m. ABC & Tread Mary Functional Zone East
			12-12:50 p.m. SwimFit Peter West Pool		11:30 a.m.-12:20 p.m. Stretch & Springs Joe Pilates Studio	11-11:50 a.m. Stretch & Springs Andrew Pilates Studio
1-1:50 p.m. Aqua Pilates Tonna East Pool				1-1:50 p.m. Aqua Pilates Autumn East Pool		12:30-1:20 p.m. SwimFit Jane West Pool
4-4:50 p.m. Stretch & Springs Juliet Pilates Studio	6-6:55 p.m. ABC Peter Synrgy 360	4:30-5:20 p.m. TRX Training Jackie TRX	6-6:55 p.m. ABC Jackie Synrgy 360			
	6-6:50 p.m. Stretch & Springs Joe Pilates Studio	6:15-7 p.m. Aqua Pilates Erin East Pool	7-7:50 p.m. Stretch & Springs Joe Pilates Studio			

*All new additions and changes to the previous version of the schedule are marked with a star.

All of the classes on this schedule are part of the Focused Fitness Program. Payment and reservations are required. Instructor substitutions may be made without notice. For more information or to sign up for a class visit galterlifecenter.org/focused-fitness

SEE REVERSE SIDE FOR CLASS DESCRIPTIONS

Endeavor Health
Fitness & Wellness Center

Class Descriptions:

Aqua Pilates - Increase flexibility while challenging yourself to maintain core stabilization, balance and postural alignment in the healing environment of warm water.

ABC: All Body Conditioning - This circuit workout is created to challenge your body while increasing your strength and muscle tone with easily adaptable exercises on the Synrgy 360.

ABC & Tread - A combination of ABC: All Body Conditioning and Tread & Shred. This circuit workout quickly alternates between strength training on the Synrgy 360 and cardio exercises on the treadmill to take your calorie burn to the max!

Barre Fit - This class combines elements of Pilates, dance, and functional fitness training. Small isolated movements are incorporated to fatigue the muscles, full range of motion exercises to elevate the heart rate, and sequencing that incorporates the upper and lower body to make every minute count. Upbeat energy, motivational coaching and inspiring music will leave you feeling mentally and physically powerful and accomplished!

Fluidity® Barre - Create long, lean muscles using the ballet barre, bands and balls to improve functional flexibility and strengthen your whole body. Effective for all ages and fitness levels – beginner, intermediate and advanced modifications for every exercise.

HIIT 360 - This high intensity interval training workout will combine strength and cardio exercises for an efficient, challenging workout. Utilizing the Synrgy 360 participants will perform high intensity effort and active recover bouts that are designed to improve metabolic function, muscle strength and endurance, power, speed and agility.

Stretch and Springs - This class incorporates traditional Pilates mat work with an emphasis on stretching and using the Pilates springs. Release tightness in the hips to help the body perform the exercises with greater ease.

SwimFit - This energizing class is perfect for swimmers with basic swimming skills (or Adult Learn-to-Swim 2 graduates) who want to boost confidence, improve or sharpen technique, and increase endurance in the West Pool. Get the motivation and expert guidance you need to grow stronger in the water!

TRX Training - The TRX Suspension Trainer is a versatile tool that requires the entire body to be used as an integrated system, building strength, balance, core stability and flexibility.

SEE REVERSE SIDE FOR FOCUSED FITNESS SCHEDULE

Endeavor Health
Fitness & Wellness Center