

AIRWAY HEIGHTS RECREATION CENTER

FALL/WINTER FITNESS SCHEDULE


(SEPTEMBER-DECEMBER 2025)



SCAN HERE
for more info
about fitness
programs,
training, and to
get registered for
upcoming classes
and activities.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BASEX 8:30-9:30AM - GYM -	METABOLIC MAYHEM 6:30-7:20AM - STUDIO -	BASEX 8:30-9:30AM - GYM -	METABOLIC MAYHEM 6:30-7:20AM - STUDIO -	BASEX 8:30-9:30AM - GYM -	BOOT CAMP 9:30-10:30AM - GYM -
HATHA YOGA 10:00-11:00AM - STUDIO -	SILVER & STRONG 10:00-10:50AM - GYM -	TAI CHI \$* for Health 10:00-10:50PM - STUDIO -	SILVER & STRONG 10:00-10:50AM - GYM -	HATHA YOGA 10:00-11:00AM - STUDIO -	RHYTHM RIDE INDOOR CYCLE 11:00-11:50AM - STUDIO -
MOVE & GROOVE 4:30-5:20PM - STUDIO -	CARDIO HIIT 5:30-6:20PM - STUDIO -	HARD CORE 5:00-5:20PM - STUDIO -	YOGA 6:30-7:20PM - BANQUET RM-	NEURO KNOCKOUT 1:30-2:30PM - STUDIO -	
RHYTHM RIDE INDOOR CYCLE 5:30-6:20PM - STUDIO -	YOGA 6:30-7:20PM - BANQUET RM-	LINE DANCE FIT 5:30-6:20PM - STUDIO -		YFO* Youth Fitness Orientation 5:30-6:15PM - CONF RM-	

FITNESS SCHEDULE IS SUBJECT TO CHANGES | * Requires Pre-Registration \$ Has a class fees

YOUTH FITNESS	All youth ages 11 to 17 must take YFO prior to working out on the Fitness Floor. * Requires Pre-Registration	
FALL/WINTER FIT U CLASSES	<p>SPECIAL PRESENTATION Cardio vs HIIT: Which one sees better results? Date: 10/16 Time: 5:30PM Register by: 10/10</p> <p>TURF 101 CLASSES: Learn fun-ctional exercises to optimize the turf. TIRES – Date: 10/23 Time: 5PM Register by: 10/17 BATTLE ROPES – Date: 11/13 Time: 5PM Register by: 11/7 SLAM BALLS – Date: 12/4 Time: 5PM Register by: 11/28</p>	

See Fitness Desk for more information on classes, training programs, and orientations.

Updated 9/10/25