



AIRWAY HEIGHTS RECREATION CENTER

SUMMER 2026 FITNESS SCHEDULE MAY - AUGUST



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

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

NOTE: Classes not reaching 7 participants for 3 consecutive weeks may be paused or removed from the fitness schedule.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BASE 8:30-9:30AM - GYM -	SILVER & STRONG 10:00-10:50AM - GYM -	BASE 8:30-9:30AM - GYM -	METABOLIC MAYHEM 6:30-7:20AM - STUDIO -	BASE 8:30-9:30AM - GYM -	AM BOOT CAMP 9:30-10:20AM - GYM -
HATHA YOGA 10:00-10:50AM - STUDIO -	CARDIO HIIT 5:30-6:20PM - STUDIO -	AM BOOT CAMP 9:30-10:20AM - TURF -	SILVER & STRONG 10:00-10:50AM - GYM -	NEURO KNOCKOUT 1:30-2:30PM - BANQUET RM -	RHYTHM RIDE INDOOR CYCLE 11:00-11:50AM - STUDIO -
MOVE & GROOVE 4:30-5:20PM - STUDIO -	YOGA 6:30-7:20PM - BANQUET RM -	MOVE & GROOVE 4:30-5:20PM - STUDIO -	HARD CORE 4:30-5:00PM - STUDIO -	YFO* Youth Fitness Orientation 5:00-5:45PM - CONF RM-	
RHYTHM RIDE INDOOR CYCLE 5:30-6:20PM - STUDIO -		TRX-CYCLE FUSION 5:30-6:20PM - STUDIO -	YOGA 6:30-7:20PM - BANQUET RM -		

YOUTH FITNESS

All youth ages 11 to 17 must take YFO prior to working out on the Fitness Floor. * Requires Pre-Registration

* **YOUTH FIT FLOOR TAKE OVER** **FREE 5:30PM** 6/5 - Rig & Turf | 7/17 - Cardio Floor | 8/7 - Weight Room

SUMMER FIT U CLASSES

CORRECTIVE EXERCISE w/ AH Personal Trainer Lizzy

DATE: Wed 5/13 **TIME:** 11:00am **REGISTER BY:** 5/8

SOMATIC WELLNESS SERIES w/ AH Personal Trainer Sydney

101 - Intro to Somatic Wellness

DATE: Wed 6/10 **TIME:** 5:00pm **REGISTER BY:** 6/5

201 - EnvironMental Welness

DATE: Wed 7/8 **TIME:** 5:00pm **REGISTER BY:** 7/3

301 - Buti Yoga

DATE: Fri 7/31 **TIME:** 10:00am **REGISTER BY:** 7/24

DATE: Fri 8/21 **TIME:** 10:00am **REGISTER BY:** 8/14

* FRIDAY NIGHT FITNESS

Line Dance Party

May 15th | 6pm | Register by: 5/8

Rhythm Ride Cycle

June 12th | 6pm | Register By: 6/5

Box Fit

July 10th | 6pm | Register By: 7/3

Step Party

Aug 14th | 6pm | Register By: 8/7

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

UPDATED: 5/4/26