

HOLIDAY GROUP FITNESS

December 22, 2025 - January 4, 2026

Schedules subject to change

BRIGHTON FACILITY HOURS

Monday, Dec. 22	6:00am-9:00pm	Monday, Dec. 29	6:00am-9:00pm
Tuesday, Dec. 23	6:00am-9:00pm	Tuesday, Dec. 30	6:00am-9:00pm
Wednesday, Dec. 24	6:00am-2:00pm	Wednesday, Dec. 31	6:00am-2:00pm
Thursday, Dec. 25	Closed	Thursday, Jan. 1	Closed
Friday, Dec. 26	9:00am-5:00pm	Friday, Jan. 2	6:00am-7:00pm
Saturday, Dec. 27	8:00am-5:00pm	Saturday, Jan. 3	8:00am-5:00pm
Sunday, Dec. 28	9:00am-5:00pm	Sunday, Jan. 4	9:00am-5:00pm

Hours differ from regular facility hours.

Dec. 22 Monday	Dec. 23 Tuesday	Dec. 24 Wednesday	Dec. 25 Thursday	Dec. 26 Friday
9:00AM - 10:00AM Step	9:00AM - 10:00AM Tabata	9:00AM - 10:00AM 20/20/20	CLOSED	
10:15AM - 11:15AM Chair Strength				
Dec. 29 Monday	Dec. 30 Tuesday	Dec. 31 Wednesday	Jan.1 Thursday	Jan. 2 Friday
9:00AM - 10:00AM Step	9:00AM - 9:45AM MuscleFit	9:00AM - 10:00AM 20/20/20	CLOSED	9:00AM - 10:00AM HIIT
10:15AM - 11:15AM Chair Strength				10:15AM - 11:15AM Yoga

20/20/20
Class consists of 20min cardio/20 min strength/20 min core & stretch.

CHAIR STRENGTH
Class participants will focus on light resistance training using a variety of accessories such as resistance bands, weighted balls and hand weights. Some balance will be incorporated. All exercises are performed while seated in a chair.

HIIT
High-intensity interval training will have you giving one hundred percent effort through quick, intense bursts of exercise, followed by short, active recovery periods.

MUSCLEFIT
This strength - based group fitness class helps participants develop muscular endurance and strength for an active life style. Uses a barbell and plates to challenge muscles through a choreographed strength routine taught to music.

STEP
This is a choreographed Step Class. It is designed to push your cardio into high gear.

TABATA
Tabata training is a form of high-intensity interval training. It involves switching between 20 second exercise and 10 second rest intervals for 4 minutes. It provides a time-efficient workout to help you burn calories and improve your fitness.

YOGA
Increase flexibility, release tension and make the mind and body connection in this class through breathing, postures and relaxation techniques.

SCAN ME

