



# SPRING FITNESS

## MARCH-MAY 2026

### MONDAY

- 8:00 AM **Warrior Mobility & Balance**
- 9:30 AM Chair Yoga
- 11:00 AM Yin Yoga
- 5:30 PM **Community Yoga**



**First Mondays - Community Supper 4-6:30pm**

### TUESDAY

- 8:00 AM **Warrior Wake-Up**
- 9:30 AM Barre Ease
- 6:00 PM Strength Lab

### SATURDAY

- 9:00 AM **Community FitCamp**

### WEDNESDAY

- 8:00 AM Pilates
- 9:30 AM Yin Yoga
- 5:30 PM **Warrior WorkIt Circuit**

**SPRING POP-UPS & SERIES!**

- Groove
- Worship Workout
- Aging Strong: *Move for Life and Adventure*
- Yin & Sound Bath
- PWR! *Parkinson Recovery*

### THURSDAY

- 8:00 AM Strength & Stability
- 5:30 PM **Community 5k Run/Walk**

### FRIDAY

- 8:00 AM Bone Boost
- 9:30 AM Chair Yoga
- 11:00 AM Yoga Flow

**NON-PASS HOLDERS ... \$15/CLASS**  
**\$100 10-PACK WITH WARRIOR PASS**  
**MONTHLY UNLIMITED \$88**

**SIGN UP HERE!**



Warrior Classes included with Warrior Pass (\$125/yr)  
 Free Community Classes! - Donations Happily Accepted

**TAWASWELLNESS.ORG**