

SEPT-NOV
2025



SIGN UP
HERE!



M O N D A Y

- 8:00 AM **Warrior** Mobility & Balance
- 9:30 AM Chair Yoga
- 5:30 PM **Community** 30 MIN Walk/Run

First Mondays - Community Supper 4-6:30pm

T U E S D A Y

- 8:00 AM **Warrior** Wake-Up
- 9:30 AM Barre Ease
- 11:00 AM Brain & Body
- 5:45 PM 30/30 Sweat & Stretch

W E D N E S D A Y

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

T H U R S D A Y

- 8:00 AM Strength & Stability
- 5:30 PM **Community** Yoga
- 5:45 PM 30/30 Sweat & Stretch

S A T U R D A Y

- 9:00 AM **Community** FitCamp

F R I D A Y

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

S U N D A Y

**LOOK OUT FOR
FALL POP-UP
CLASSES!**

\$15/CLASS - \$100 10-PACK WITH WARRIOR PASS

MONTHLY UNLIMITED \$88

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

FALL
FITNES

TAWASWELLNESS.ORG

