

JANUARY 2026

HUNTINGTON POINTE FITNESS CLASSES

MONDAY

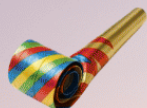
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



9:00-9:50AM
STRENGTH
SEPTEMBER

8:30-9:20 AM
YOGA
SHARON J

8:30-9:20 AM
CHAIR SCULPT
SHARON S

8:30-9:20 AM
AEROBICS
BENY

8:30-9:20 AM
20/20/20
SHARON S

9:30-10:30 AM
**WATER
AEROBICS**
JUDY

10:00-11:00AM
**WATER
AEROBICS**
SEPTEMBER

9:30-10:30 AM
**WATER
AEROBICS**
SEPTEMBER

9:30-10:30 AM
**WATER
AEROBICS**
HAPPY

9:30-10:30 AM
**WATER
AEROBICS**
AMY

10:00-11:00 AM
**WATER
AEROBICS**
MICAH



9:30-10:20 AM
ZUMBA
TOKIKO

10:00-10:50 AM
LATIN CARDIO
YESENIA



1:00-1:50 PM
TAI CHI
BEBE

11:00-11:50 AM
CHAIR YOGA
ALEX

11:00-11:50 AM
**FUNCTIONAL
FITNESS**
BENY

11:00-11:50 AM
CHAIR YOGA
LEIZA



2:00-2:50 PM
CHAIR TAI CHI
BEBE



12:00-12:50 AM
**SENIOR PLUS
CHAIR YOGA**
ALEX

3:15-4:05 PM
BALANCE
JONATAN

4:15-5:05 PM
BALANCE
JONATAN



4:15-5:05 PM
BALANCE
JONATAN

UPCOMING HOLIDAY CLASS CANCELLATIONS:

1/1 THURSDAY -
NEW YEAR'S DAY

4/1 WEDNESDAY -
PASSOVER

4/3 FRIDAY -
GOOD FRIDAY

5/25 MONDAY -
MEMORIAL DAY

7/4 SATURDAY -
INDEPENDENCE DAY

9/7 MONDAY -
LABOR DAY

9/11 FRIDAY -
ROSH HASHANAH
(NO CLASSES AFTER 12:30PM)

9/12 SATURDAY -
ROSH HASHANAH

9/21 MONDAY -
YOM KIPPUR

11/25 WEDNESDAY -
PRE-THANKSGIVING

11/26 THURSDAY -
THANKSGIVING

11/27 FRIDAY -
THANKSGIVING (DAY AFTER)

12/24 THURSDAY -
CHRISTMAS EVE

12/25 FRIDAY -
CHRISTMAS DAY

12/31 THURSDAY -
NEW YEAR'S EVE

BodyWellness®

2026

"Write it on your heart that every day is
the best day in the year."

— RALPH WALDO EMERSON

HAPPY NEW YEAR