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| ReJuv Fitness Center – Unit 102 2025 Schedule A close-up of a logo  Description automatically generatedA close up of a logo  Description automatically generated |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **OPEN GYM**8:00 am – 9:30 am**CLASSES** 9:30am – 12:00pm**OPEN GYM**12:00pm – 6:00pm | **OPEN GYM**8:00 am – 9:30 am**CLASSES**9:30am – 12:00pm**OPEN GYM**12:00pm – 6:00pm | **OPEN GYM**8:00 am – 9:30 am**CLASSES**9:30am – 12:00pm**OPEN GYM**12:00pm – 6:00pm | **OPEN GYM**8:00 am – 9:30 am**CLASSES**9:30am – 12:00pm**OPEN GYM**12:00pm – 6:00pm | **OPEN GYM**8:00am – 5:30pm**CLASSES**9:30am – 12:00pm**OPEN GYM**12:00pm – 6:00pm | **OPEN GYM**8:00am – 12:00pm |
| **OPEN GYM*** Open to General Membership

 **CLASSES** * Open to members registered to the classes **ONLY**
* **General Membership CANNOT use gym**
 | General Membership includes:* General Members
* A red and blue text on a black background  Description automatically generatedTenant Members
* Employee Members
* Class Members

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| A red and blue text on a black background  Description automatically generatedA red and blue text on a black background  Description automatically generatedFitness Studio Schedule  |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **OPEN STUDIO**8:00am – 9:00am**CLASSES**9:00am – 3:30pm**OPEN STUDIO**3:30pm – 6:00pm | **OPEN STUDIO**8:00am – 9:00am**CLASSES**9:00am – 3:30pm**OPEN STUDIO**3:30pm – 6:00pm | **OPEN STUDIO**8:00am – 9:00am**CLASSES**9:00am – 3:30pm**OPEN STUDIO**3:30pm – 6:00pm | **OPEN STUDIO**8:00am – 9:00am**CLASSES**9:00am – 3:30pm**OPEN STUDIO**3:30pm – 6:00pm | **CLASSES**8:00am – 1:30pm**OPEN STUDIO**1:30pm – 6:00pm |
| **Saturday** |
| **OPEN STUDIO**8:00am – 12:00pm |
| **OPEN STUDIO*** Open to General Membership

**CLASSES*** Open to members registered to the classes ONLY
* **General Membership CANNOT use gym**
 | General Membership includes:* General Members
* **A close-up of a logo  Description automatically generated**Tenant Members
* Employee Members
* Class Members
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| A red and blue text with a heart  Description automatically generatedA red and blue text on a black background  Description automatically generatedClass Schedule |

** Registration For ALL Classes REQUIRED**

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 9:00am – 10:00amReJuv Senior Fitness9:30am – 10:30amReJuv Senior Fitness10:00am – 11:00amReJuv Senior Fitness10:30am – 11:30amReJuv Senior Fitness11:00am – 12:00pmReJuv Senior Fitness1:30pm – 2:30pmReJuv Gait & Balance2:30pm – 3:30pmReJuv Gait & Balance | 9:00am – 10:00amReJuv Senior Fitness9:30am – 10:30amReJuv Senior Fitness10:00am – 11:00amReJuv Senior Fitness10:30am – 11:30amReJuv Senior Fitness1:00 pm – 2:00pmReJuv Qi Gong3:45pm – 4:45pmFull Body | 9:00am – 10:00amReJuv Senior Fitness9:30am – 10:30amReJuv Senior Fitness10:00am – 11:00amReJuv Senior Fitness10:30am – 11:30amReJuv Senior Fitness11:00am – 12:00pmReJuv Senior Fitness1:30pm – 2:30pmReJuv Gait & Balance2:30pm – 3:30pmReJuv Gait & Balance | 9:00am – 10:00amReJuv Senior Fitness9:30am – 10:30amReJuv Senior Fitness10:00am – 11:00amReJuv Senior Fitness10:30am – 11:30amReJuv Senior Fitness3:45pm – 4:45pmFull Body | 8:00am – 9:00amReJuv Qi Yoga9:30am – 10:30amFull Body10:30am – 11:30amFull Body12:00pm – 1:00pmFull Body |