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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 | | |
| A red and blue text with a heart  Description automatically generatedA red and blue text on a black background  Description automatically generatedClass Schedule | | | | | |

**A close-up of a logo

Description automatically generated Registration For ALL Classes REQUIRED**

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| --- | --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 9:00am – 10:00am  ReJuv Senior Fitness  9:30am – 10:30am  ReJuv Senior Fitness  10:00am – 11:00am  ReJuv Senior Fitness  10:30am – 11:30am  ReJuv Senior Fitness  11:00am – 12:00pm  ReJuv Senior Fitness  1:30pm – 2:30pm  ReJuv Gait & Balance  2:30pm – 3:30pm  ReJuv Gait & Balance | 9:00am – 10:00am  ReJuv Senior Fitness  9:30am – 10:30am  ReJuv Senior Fitness  10:00am – 11:00am  ReJuv Senior Fitness  10:30am – 11:30am  ReJuv Senior Fitness  1:00 pm – 2:00pm  ReJuv Qi Gong  3:45pm – 4:45pm  Full Body | 9:00am – 10:00am  ReJuv Senior Fitness  9:30am – 10:30am  ReJuv Senior Fitness  10:00am – 11:00am  ReJuv Senior Fitness  10:30am – 11:30am  ReJuv Senior Fitness  11:00am – 12:00pm  ReJuv Senior Fitness  1:30pm – 2:30pm  ReJuv Gait & Balance  2:30pm – 3:30pm  ReJuv Gait & Balance | 9:00am – 10:00am  ReJuv Senior Fitness  9:30am – 10:30am  ReJuv Senior Fitness  10:00am – 11:00am  ReJuv Senior Fitness  10:30am – 11:30am  ReJuv Senior Fitness  3:45pm – 4:45pm  Full Body | 8:00am – 9:00am  ReJuv Qi Yoga  9:30am – 10:30am  Full Body  10:30am – 11:30am  Full Body  12:00pm – 1:00pm  Full Body |