

# FORTUNA FITNESS SCHEDULE

November 2025

HealthSPORT

CLUB FACILITY See class times

## HealthSPORT 2.0

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>9:00-9:50am</b> Forge: Ignite (\$) Kristen		<b>9:00-9:50am</b> Forge: Ignite (\$) Kristen			
	<b>11:30am-12:20pm</b> Move Through Menopause (\$) Amanda <i>Oct 28-Dec 4</i>		<b>11:30am-12:20pm</b> Move Through Menopause (\$) Amanda <i>Oct 28-Dec 4</i>			
<b>12:00-12:50pm</b> Forge: Maintain (\$) Amy		<b>12:00-12:50pm</b> Forge: Ignite (\$) Amy		<b>12:00-12:50pm</b> Forge: Maintain (\$) Amy		
<b>4:00-4:50pm</b> Forge: Ignite (\$) Kristen	<b>4:00-4:50pm</b> Forge: Maintain (\$) Kristen	<b>4:00-4:50pm</b> Forge: Ignite (\$) Kristen	<b>4:00-4:50pm</b> Forge: Maintain (\$) Kristen			
<b>5:30-6:20pm</b> Forge: Build (\$) Kristen	<b>5:30-6:20pm</b> Forge: Ignite (\$) Kristen	<b>5:30-6:20pm</b> Forge: Build (\$) Kristen	<b>5:30-6:20pm</b> Forge: Ignite (\$) Kristen	<b>5:30-6:20pm</b> Forge: Ignite (\$) Aries		
	<b>6:30-7:20pm</b> Forge: Maintain (\$) Kristen		<b>6:30-7:20pm</b> Forge: Maintain (\$) Kristen			

## SESSION DESCRIPTIONS

### **Forge: Maintain**

Perfect for any fitness level — and especially great for beginners. This balanced full-body class mixes light strength, low-impact cardio, and mobility to build energy, confidence, and long-term strength.

### **Forge: Build**

Designed for those with previous experience in weight training. This program pushes limits with progressive strength splits, power circuits, and high-intensity cardio — delivering serious results in strength, endurance, and performance.

**\*Space is limited. Reservations recommended.**

### **Forge: Ignite**

Built for all fitness levels, this fast-paced circuit torches calories and keeps your heart rate up from start to finish. You'll power through stations combining strength, cardio, and boxing on the heavy bag for a high-energy, total-body burn.

### **Move Through Menopause:**

A 6-week wellness program for women navigating perimenopause and menopause. We combine smart strength training, hormone-friendly nutrition, and sustainable lifestyle habits to support your changing body and help you reclaim your energy, strength, and peace of mind.

