

FORTUNA FITNESS SCHEDULE

November 2025

HealthSPORT

CLUB FACILITY See class times

HealthSPORT 2.0

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

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.

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

