

United Fitness Center - Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 am	Platinum		Platinum		Platinum
8:30 am	Gold	Gold	Gold	Gold	Gold
9:30 am	Gold	Gold	Gold	Gold	Gold
10:30 am	Gold	Gold	Gold	Gold	Gold
11 am			Dancefit		Dancefit
11:30 am		Gold	*Golden Yoga	Gold	*Golden Yoga
2:30 pm	Gold	*Golden Yoga	Gold	Gold	
4:30 pm	Platinum		Platinum	Platinum	
5:30 pm		Cross Train Mix		Cross Train Mix	

Note: All Gold/Platinum classes start in the gym (machines) on the hour

**45 mins class*

**Effective March 2026*

Class Descriptions

Platinum – This class incorporates moderate, full body conditioning exercises designed to promote weight loss, improve cardiovascular endurance, enhance muscular strength and increase balance and flexibility.

Gold - This class focuses on light to moderate exercises that can benefit anyone of any level of fitness. Fitness Gold incorporates aerobics, strength, balance, coordination, and flexibility exercises.

Dancefit - Thirty minutes of fun and fitness using low impact, lite aerobic and dance type movements, blended with mobility, flexibility, and brain exercises. Great for all ages, young and old!

Golden Yoga – This gentle 45-minute Yoga class will include both chair and standing options to allow for a successful experience. It is geared for beginners and those with movement limitations or mobility issues. Modifications offered. Chair or bench available.

Cross Train Mix - Something new for each class! A fun, functional workout that will alternate between Dancefit, Bootcamp, Circuit Strength training, Core work, and Yoga!



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Questions – Call (360) 854-0247