

OCTOBER 2026

COAST FITNESS CLUB | CLASS CALENDAR

ALL CLASSES INCLUDED WITH MEMBERSHIP

PILATES UPDATE:All Pilates classes canceled Oct. 3-10. Regular Pilates schedule returns Monday, Oct. 12.

SUN	MON	TUE	WED	THU	FRI	SAT
				1 9:00 AM RESTORATIVE YOGA 10:00 AM PILATES 11:00 AM DANCE 12:00 PM CORE	2 8:00 AM SPIN 9:00 AM YOGA 10:00 AM HIIT 11:00 AM KETTLEBELL 1:00 PM SILVER STRENGTH 6:00 PM CYCLING	3 9:00 AM PILATES - CANCELED
4	5 9:00 AM YOGA 10:00 AM HIIT 11:00 AM KETTLEBELL 1:00 PM SILVER STRENGTH 5:00 PM BEGINNER PILATES - CANCELED 6:00 PM CYCLING	6 10:00 AM CYCLE DANCE 11:00 AM DANCE 12:00 PM CORE	7 8:00 AM BOOTCAMP 9:00 AM YOGA 10:00 AM HIIT 11:00 AM KETTLEBELL 1:00 PM SILVER STRENGTH 6:00 PM CYCLING	8 9:00 AM RESTORATIVE YOGA 10:00 AM PILATES - CANCELED 11:00 AM DANCE 12:00 PM CORE	9 8:00 AM SPIN 9:00 AM YOGA 10:00 AM HIIT 11:00 AM KETTLEBELL 1:00 PM SILVER STRENGTH 6:00 PM CYCLING	10 9:00 AM PILATES - CANCELED
11	12 9:00 AM YOGA 10:00 AM HIIT 11:00 AM KETTLEBELL 1:00 PM SILVER STRENGTH 5:00 PM BEGINNER PILATES PILATES RETURNS	13 10:00 AM CYCLE DANCE 11:00 AM DANCE 12:00 PM CORE	14 8:00 AM BOOTCAMP 9:00 AM YOGA 10:00 AM HIIT 11:00 AM KETTLEBELL 1:00 PM SILVER STRENGTH 6:00 PM CYCLING	15 9:00 AM RESTORATIVE YOGA 10:00 AM PILATES 11:00 AM DANCE 12:00 PM CORE	16 8:00 AM SPIN 9:00 AM YOGA 10:00 AM HIIT 11:00 AM KETTLEBELL 1:00 PM SILVER STRENGTH 6:00 PM CYCLING	17 9:00 AM PILATES
18	19 9:00 AM YOGA 10:00 AM HIIT 11:00 AM KETTLEBELL 1:00 PM SILVER STRENGTH 5:00 PM BEGINNER PILATES 6:00 PM CYCLING	20 10:00 AM CYCLE DANCE 11:00 AM DANCE 12:00 PM CORE	21 8:00 AM BOOTCAMP 9:00 AM YOGA 10:00 AM HIIT 11:00 AM KETTLEBELL 1:00 PM SILVER STRENGTH 6:00 PM CYCLING	22 9:00 AM RESTORATIVE YOGA 10:00 AM PILATES 11:00 AM DANCE 12:00 PM CORE	23 8:00 AM SPIN 9:00 AM YOGA 10:00 AM HIIT 11:00 AM KETTLEBELL 1:00 PM SILVER STRENGTH 6:00 PM CYCLING	24 9:00 AM PILATES
25	26 9:00 AM YOGA 10:00 AM HIIT 11:00 AM KETTLEBELL 1:00 PM SILVER STRENGTH 5:00 PM BEGINNER PILATES 6:00 PM CYCLING	27 10:00 AM CYCLE DANCE 11:00 AM DANCE 12:00 PM CORE	28 8:00 AM BOOTCAMP 9:00 AM YOGA 10:00 AM HIIT 11:00 AM KETTLEBELL 1:00 PM SILVER STRENGTH 6:00 PM CYCLING	29 9:00 AM RESTORATIVE YOGA 10:00 AM PILATES 11:00 AM DANCE 12:00 PM CORE	30 8:00 AM SPIN 9:00 AM YOGA 10:00 AM HIIT 11:00 AM KETTLEBELL 1:00 PM SILVER STRENGTH 6:00 PM CYCLING	31 HALLOWEEN 9:00 AM PILATES