

January 2026

Weekly Room Schedule on pinehills.net & in hard copy at Stonebridge Club, will provide locations for all activities.

[illegible]

Fitness Class Schedule

Group Resistance Training

MWF @ 7:30a

Total Body Fitness

MWF @ 8:45a

Yoga AM

MWF @10:15a

Tai Chi On

T&Th @ 9a

Flex & Strength

T @ 10:30a

Stretch

Th @ 10:15a

Gym Hours

5a-11p

Alternate
Wednesday
7a-11p Jan 7, 21
(for cleaning)

*GI - Great Island

Revised 12/22/25