






Trufitness Group Exercise Schedule

Update 02/01/2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00-7:45am	7:00-7:45am	9:00-10:00am	8:30-9:15am	7:00-7:45am	
	Intervals with Shaune	Tabata Fusion with Ashley	Intervals with Shaune	 Classic with Jody	HIIT with Ashley	
	8:00-8:45am	9:00-9:50am	10:00-10:55am		9:00-9:50am	
	 TRX Suspension Training with Deb	 Classic w/Judy	 Strength & Balance w/Judy		Intervals & Mobility with Shaune	
	9:00-9:45am	5:00pm-6:00pm	5:00pm-6:00pm		10:15-11:00am	
	 TRX Suspension Training with Deb	Yoga Fusion Fit with Jeanine	Total Body Strength with Annette		Active Older Adults With Linda	
	10:00-10:50am					
	Total Body Circuit "Silver Sneakers" w/Deb					
	5:00pm-5:45pm					
	Cardio Strength with Kate					



and stay up to date on class
cancellation, closing, ect....

Hours Of Operation: Monday-Thursday 5:30a - 8p Friday 5:30a - 7p Saturday 7a - 6p Sunday 7a - 5p

315-378-0617 www.trufitnessny.com

Class Times Highlighted in Gray are Free for Members on Insurance Programs