



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		
<b>Intervals</b> with Shaune	<b>Tabata Fusion</b> with Ashley	<b>Intervals</b> with Shaune	 <b>Classic</b> with Jody	<b>HIIT</b> with Ashley		
8:00-8:45am	9:00-9:50am	10:00-10:55am		9:00-9:50am		
 with Deb	 <b>Classic</b> w/Judy	 <b>Strength &amp; Balance</b> w/Judy		<b>Intervals &amp; Mobility</b> with Shaune		
9:00-9:45am	5:00pm-6:00pm	5:00pm-6:00pm		10:15-11:00am		
 with Deb	<b>Yoga Fusion Fit</b> with Jeanine	<b>Total Body Strength</b> with Annette		<b>Active Older Adults</b> With Linda		
10:00-10:50am						
<b>Total Body Circuit</b> "Silver Sneakers" w/Deb						
5:00pm-5:45pm						
<b>Cardio Strength</b> 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](http://www.trufitnessny.com)

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