



September 2026

Welcome to the September edition of **The Pulse by Feel Fit**, where we keep you up to date with everything happening around the gym.

Summer may be winding down, but things at Feel Fit certainly aren't. A new season means a new class schedule, new opportunities to mix up your routine, and a great time to refocus on your health and fitness goals heading into fall.

Fall Into a New Class at Feel Fit

Our **Fall Fitness Class Schedule** is officially underway!

This fall brings back plenty of member favorites along with some exciting new additions to the schedule. Whether you're looking to build strength, improve mobility, get your heart rate up, or simply try something different, there's a class for you.

And if you've ever looked at the class schedule and thought, *"I'm not really sure what that class is..."* we're going to help with that too.

Over the coming weeks, keep an eye on our social media as we introduce you to the **classes and instructors behind them**. You'll get a better look at what each class is all about, what to expect when you walk in, and the people who make our group fitness program so much fun.

Remember, **group fitness classes are included with your Feel Fit membership**, so don't be afraid to step outside your normal routine and give something new a try!

Feel Fit Class Schedule Fall 2026

Download our app "Feel Fit Grand Island" to book a class
Join our Facebook Group "Feel Fit Classes" to stay connected
Current Members - classes are included & unlimited with all memberships
Non-Members - \$10 for a single class

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM	Pilates/Bands Courteney W.	Kickboxing Con K.	Fit Fusion Mandy M.	Spin & Pilates Courteney & Katie	Ready, Set, Rep Wendy B.	
5:15 AM		Spin Kalee S.				
6:15 AM					Yoga Steph B.	
8:00 AM						Spin Kalee
8:30 AM		Spin & Pilates Sarah & Michelle				Flow (Alt. Saturdays) Sarah W.
12:15 PM	Burn & Sculpt Donna D.		Resistance Strength Con K.		Burn & Sculpt Sarah W.	
5:30 PM		Fit & Form Wendy B.	Spin Donna D.	Spin (30 min) Donna D.		
5:30 PM	Fit & Form Wendy B.		Kickboxing Con K.			
6:00 PM				Resistance Strength (30 Min) Con K.		

Personal Training Spotlight

Sometimes a Little Guidance Goes a Long Way

You don't have to be brand new to the gym to benefit from a personal trainer. Maybe you've been working out for years but feel like you've hit a plateau. Maybe you have a goal in mind but aren't sure how to get there. Or maybe you'd simply like someone in your corner to keep you accountable and make sure you're getting the most out of the time you spend in the gym.

That's exactly what personal training is for.

Our trainers can work with you to build a plan around **your goals, your experience level, and your schedule**. From learning proper form and becoming more comfortable with equipment to building strength, improving fitness, or simply adding some structure to your workouts, personal training can meet you wherever you're at.

And you don't have to commit to training forever. Sometimes working with a trainer is exactly what you need to learn, build confidence, establish a plan, and get moving in the right direction.

Interested in personal training or just want to learn more? **Stop by the front desk and talk with us.** We'll help you figure out the next step.

Trainer Tip of the Month

Put Your Workouts on the Calendar

September naturally brings a little more structure back into our schedules. Use it to your advantage.

Pick the days and times you're going to work out each week and treat them like any other appointment on your calendar. Having a plan makes it much easier to stay consistent when life gets busy.

You don't need to completely overhaul your routine. A little structure can go a long way.

Smoothie Of The Month

Cinnamon Roll

Fall flavors have officially arrived at the smoothie bar!

Made with **almond milk, banana, cinnamon, vanilla extract, and vanilla whey protein**, Cinnamon Roll brings all the warm, cozy flavor of a cinnamon roll into a protein-packed smoothie.

It's the perfect way to ease into fall while still cooling off after a workout.
Stop by the smoothie bar and give it a try!

The Final Rep

A new season is a great opportunity for a fresh start.

Whether that means trying your first group fitness class, working with a trainer, getting back into a routine after a busy summer, or simply continuing the progress you've already made, we're excited to have you along for another season at Feel Fit.

Thanks for being part of the Feel Fit community.
See you on the gym floor!