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GROUP EXERCISE SCHEDULE 12/1/2025-2/22/2026

NO CLASSES ON HOLIDAYS

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00AM				Power Strike Lori			
8:30AM	Body Design Jen					Lean Physique Lori	Total Body Strong Deb
8:45AM			Triple Threat Chris	Step & Burn Chris	*sign up * Rebounding Kelly		
9:00AM							Spin Maria
9:30AM	Yoga Cheryl	Total Body Strong Kelly	Barre Chris	Total Body Strong Chris	Barre Kelly	Kickboxing Kelly	Yoga Karen
9:30AM			Spin/Abs Kim		Spin/Abs Kim		Power Strike Tara
9:30AM		Aqua Laurie	Aqua Ella		Aqua Ella		
10:30AM		Stretch Kelly		Stretch Chris			Zumba Maria
11:30AM		Silver Sneakers Maria		Silver Sneakers Maria		Silver Seniors Laurie	
4:30PM		4:45 Mobility Deb	*sign up* Rebounding Kelly		Total Body Strong Jen		
5:30PM		Lean Physique Deb	Ripped & Ride Kim	Total Body Strong Deb			
5:30PM		Power Strike Tara			Power Strike Adam		
6:30PM				Spin Kim			
6:30PM		Yoga Karen		Yoga Amy			

sign up at front desk for rebounding