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GROUP EXERCISE SCHEDULE 2/23/2026-6/7/2026

NO CLASSES ON HOLIDAYS *SNOW POLICY FOLLOWS LENAPE SCHOOL DISTRICT*

Changes effective 4/1/2026

	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		**Ripped & Ride** Chris	**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	**Pilates Sculpt** Kim	**Total Body Strong** Deb	**Spin** Chelsea		
5:30PM		**Power Strike** Adam			**Power Strike** Adam		
6:30PM		**Yoga** Karen		**Spin** Kim	**Yoga** Amy		

sign up at front desk for rebounding *schedule subject to change as needed*

Updated:3/19/2026