



609-654-1440 | 3 Nelson Drive • Medford | www.medfordfitness.com

GROUP EXERCISE SCHEDULE 6/8/2026 - 9/6/2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00AM			Power Strike Lori			
8:30AM					Lean Physique Lori	Total Body Strong Deb
8:45AM	Cycle & Core Blast Chris	Triple Threat Chris	Step & Burn Chris	*sign up * Rebounding Kelly	*July & August only* Spin/Abs Chelsea/Misha	
9:00AM						Spin Maria
9:30AM	Total Body Strong Kelly	Barre Chris	Total Body Strong Chris	Barre Kelly	Kickboxing Plus Kelly	Yoga Monica
9:30AM		Spin/Abs Kim		Spin/Abs Kim		Power Strike Tara
9:30AM	Aqua Laurie	Aqua Ella		Aqua Ella		
10:30AM	Stretch Plus Kelly		Stretch Plus Chris			Zumba Maria
11:30AM	Silver Sneakers Maria		Silver Sneakers Maria		Silver Seniors Laurie	
4:30PM	4:45 Mobility Deb	4:45 Express Spin Kim		Lymphatic Flow Yoga Monica		
5:30PM	Lean Physique Deb	Pilates Sculpt Kim	Total Body Strong Deb	Total Body Strong Jen		
5:30PM				Spin Chelsea		
5:30PM	Power Strike Adam			Power Strike Adam		
6:30PM	Yoga Jen		Spin Kim	Yoga Amy		

*** schedule subject to change as needed due to summer attendance***