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GROUP EXERCISE SCHEDULE 9/8/2026 - 11/29/2026

No Classes On Holidays

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00AM			Power Strike Lori				
8:30AM	30 minute Abs & Core Logan	Spin/Abs Karen			Lean Physique Lori	Total Body Strong Deb	Warrior Sculpt Cheryl
8:45AM		Triple Threat Chris	Step & Burn Chris	*sign up * Rebounding Kelly		9:00am Spin Maria	
9:30AM	Total Body Strong Kelly	Barre Chris	Total Body Strong Chris	Barre Kelly	Kickboxing Plus Kelly	Yoga Monica	Yoga Cheryl
9:30AM				Spin/Abs Kim		PowerStrike Tara	
9:30AM		Aqua Ella		Aqua Ella			
10:30AM	Stretch Plus Kelly		Stretch Plus Chris		Yoga Dulce	Zumba Maria	
11:30AM	Silver Sneakers Maria		Silver Sneakers Maria		Silver Seniors Laurie		
4:30PM		Restorative Yoga Monica		Lymphatic Flow Yoga Monica			
4:45PM	Mobility Deb		30 minute Abs & Core Logan	ExpressSpin Kim			
5:30PM	Lean Physique Deb	Mat Pilates Monica		Total Body Strong Kim			
5:30PM	PowerStrike Adam	Spin Chelsea		Power Strike Adam			
6:30PM		Yoga Jen	Spin Kim	Yoga Amy			

*** schedule subject to change as needed ***