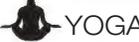


# GROUP FIT SCHEDULE - WINTER 2026 EFFECTIVE MARCH 17, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7:45-8:30am  <b>Lou</b>	5:10-6:00am  <b>Lou</b>	7:45-8:15am  <b>Patti</b>	7:45-8:30am  <b>Lou</b>	8:00-9:00am  <b>Patti</b>	7:15-7:45am  <b>Lynn</b>	8:00-9:00am  <b>Scott/Lisa</b>	
9:15-10:15am  <b>Ledys</b>	9:15-10:15am  <b>Alisha</b>	8:30-9:15am <b>CORE AND MORE</b> <b>Patti</b>	8:30-9:00am <b>CARDIO/CORE</b> <b>Candy</b>	9:15-10:00am <b>CORE AND MORE</b> <b>Patti</b>	8:00-9:00am  <b>MJ</b>	9:00-10:00am  <b>Patti</b>	
10:15-11:00am <b>CORE AND MORE</b> <b>Kristie</b>	10:30-11:15am <b>CORE AND MORE</b> <b>Kristie</b>	9:15-10:00am  <b>Alisha</b>	9:15-10:15am  <b>Candy</b>	10:15-11:15am  <b>Candy</b>	9:00-9:45am  <b>Lynn</b>	9:00-10:00am  <b>Nikki</b>	
5:00-6:00pm  <b>Nikki/Joe</b>	11:30am-12:30pm  Classic <b>Kristie</b>	10:00-10:45am <b>MAT PILATES</b> <b>Alisha</b>	10:15-11:15am  <b>Maggie</b>	11:30am-12:30pm  Classic <b>Ledys</b>	9:00-10:00am  <b>Gina</b>	10:00-11:00am  <b>Gina</b>	
6:00-7:00pm  <b>Scott/Lynn</b>	5:30-6:30pm  <b>Kathy K.</b>	11:15am-12:15pm  <b>Ledys</b>	11:15am-12:15pm  <b>Ledys</b>	5:00-6:00pm  <b>Helen</b>	10:00-11:00am  <b>Scott</b>	11:10am-12:10pm  <b>Helen/Alex</b>	
	5:30-6:30pm  <b>Nikki/Joe</b>	5:30-6:30pm  <b>Liz</b>	4:45-5:30pm  <b>Lynn</b>				
	6:30-7:30pm  <b>Scott</b>	6:30-7:30pm  <b>Scott</b>		5:30-6:30pm  <b>Kathy K.</b>			
				5:45-6:45pm  <b>Nikki/Joe</b>			

