

GROUP FIT SCHEDULE - SPRING 2026

EFFECTIVE MARCH 17, 2026

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

