

GROUP FIT SCHEDULE - FALL 2026

EFFECTIVE SEPTEMBER 17, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:45-8:30am  Lou	5:10-6:00am  Lou	7:30-8:15am  Patti	7:45-8:30am  Lou	8:00-9:00am  Patti	7:15-7:45am  Lynn	8:00-9:00am  Scott/Lisa
9:15-10:15am  Ledys	8:30-9:15am MAT PILATES Alisha	8:30-9:15am CORE AND MORE Patti	8:30-9:15am MAT PILATES Alisha	9:15-10:00am CORE AND MORE Patti	8:00-9:00am  MJ	9:00-10:00am  Patti
10:15-11:00am CORE AND MORE Kristie	9:15-10:15am  Alisha	9:15-10:15am BARRE Alisha	9:15-10:15am  Candy	10:15-11:15am BARRE Alisha/Mary Lou	9:00-9:45am  Lynn	9:00-10:00am  Nikki
11:15am-12:15pm CHAIR YOGA Michele	10:30-11:15am CORE AND MORE Kristie	10:15-11:00am MAT PILATES Alisha	10:20-11:20am  Maggie	11:30am-12:30pm  Classic Mary Lou	9:00-10:00am  Zumba Team	10:00-11:00am  Nikki
5:30-6:30pm  Nikki/Joe	11:30am-12:30pm  Classic Kristie	11:15am-12:15pm  Ledys	11:20am-12:20pm  Ledys	5:15-6:15pm  Helen	10:00-11:00am  Scott	11:10am-12:10pm  Alex/Cindy
6:30-7:30pm  Scott/Lynn	5:30-6:30pm  Kathy K.	5:30-6:30pm  Liz	4:45-5:30pm  Lynn			
	5:30-6:30pm  Nikki/Joe	5:30-6:30pm  Melanie	5:30-6:30pm  Kathy K.			
	6:30-7:30pm  Scott	6:30-7:30pm POWER YOGA Cindy	5:30-6:30pm  Nikki/Joe			

