GROUP FIT SCHEDULE - FALL 2026 EFFECTIVE OCTOBER 19, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:45-8:30am SPINNING Lou	5:10-6:00am SPINNING Lou	7:30-8:15am SPINNING Patti	7:45-8:30am SPINNING Lou	8:00–9:00am SPINNING Patti	7:15-7:45am YOGA Lynn	8:00-9:00am GROUP ACTIVE Scott/Lisa
9:15-10:15am ZUMBA fitness Ledys	8:30-9:15am MAT PILATES Alisha	8:30-9:15am CORE AND MORE Patti	8:30-9:00am EXPRESS CARDIO FUSION Candy	9:15–10:00am CORE AND MORE Patti	8:00-9:00am GROUP POWER MJ	9:00-10:00am SPINNING Patti
10:15-11:00am CORE AND MORE Kristie	9:15-10:15am GROUP POWER Alisha	9:15-10:15am BARRE Alisha	9:15-10:15am GROUP POWER Candy	10:15-11:15am BARRE Alisha	9:00-9:45am SPINNING Lynn	9:00-10:00am BODY BLAST 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 GROUP CENTERGY Maggie	11:30am-12:30pm SilverSneakers Classic Ledys	9:00-10:00am ZUMBA Zumba Team	10:00-11:00am GROUP POWER Nikki
5:30-6:30pm BARRE Alisha	11:30am-12:30pm SilverSneakers Classic Kristie	11:15am-12:15pm ZUMBA gold Ledys	11:20am-12:20pm ZUMBA gold Ledys	5:15-6:15pm YOGA Helen	10:00-11:00am GROUP CENTERGY Scott	11:10am-12:10pm YOGA Alex/Cindy
6:30-7:30pm GROUP CENTERGY Scott/Lynn	5:30-6:30pm SPINNING Kathy K.	5:30-6:30pm ZUMBA toning Liz	4:45-5:30pm YOGA Lynn			
	5:30-6:30pm GROUP POWER Nikki/Joe	5:30-6:30pm SPINNING Melanie/Britten	5:30-6:30pm SPINNING Kathy K.			
	6:30-7:30pm BODY BLAST Scott	6:30-7:30pm POWER YOGA Cindy	5:30-6:30pm GROUP POWER Power Team			

