



November

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM					SPINNING[®] <i>express</i> Stan		
8:30AM		<i>starting 11/3:</i> Bodypump Sabrina	Cardio & Weights Kim		Cardio & Weights Kim	<i>08:45am</i> Les Mills BodyPump TBD	YOGA <i>(all levels)</i> Audra
9:45AM	Total Body Sculpt Sabrina	<i>Back 11/3:</i> Cardio & Weights Sabrina	PILATES Sabrina	Les Mills BodyPump Sabrina	Total Body Sculpt Vicky	<i>10:00am:</i> Zumba Vicky	
11:00AM	Silver Sneakers Sabrina	YOGA <i>(all levels)</i> Carmen	Silver Sneakers Sabrina	YOGA <i>(all levels)</i> Lynne	Silver Sneakers Vicky		
			Afternoon				
5:30PM	Les Mills BodyPump TBD	SPINNING[®] Cindy Zumba Karla	Les Mills BodyPump TBD	SPINNING[®] Cindy Zumba Vicky			

* Schedule is subject to change
last updated: 10/20/26

GROUP FITNESS FEEDBACK
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TEXT "GFS" to 87365 for NFF Updates