



December

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM					SPINNING® <i>express</i> Stan		
8:00AM							
8:30AM	YOGA <i>(all levels)</i> Lynne	Les Mills BodyPump Sabrina	Cardio & Weights Kim		Cardio & Weights Kim	8:45am: Les Mills BodyPump Diane	YOGA <i>(all levels)</i> Audra
9:45AM	Total Body Sculpt Sabrina	Cardio/ LM Core Sabrina	PILATES Sabrina	Les Mills BodyPump Sabrina	Total Body Sculpt Kim	10:00am: Zumba Vicky	
11:00AM	Silver Sneakers TBD	YOGA <i>(all levels)</i> Carmen	Silver Sneakers Sabrina	YOGA <i>(all levels)</i> Lynne			
1:30pm							
5:30PM	December Zumba Nicole	SPINNING® Cindy Zumba Nicole	Total Body Sculpt Vicky	SPINNING® Cindy Zumba Vicky			

* Schedule is subject to change
last updated: 11/24/25

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