



February

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM					SPINNING® express Stan		
8:30AM	New (temporary): SPINNING® Kim						
8:30AM	YOGA (all levels) Lynne	Les Mills BodyPump Sabrina	Cardio & Weights Kim		Cardio & Weights Kim	8:45am: Les Mills BodyPump Diane	YOGA (all levels) Audra
9:45AM	Total Body Sculpt Sabrina	Cardio/ LM Core Sabrina	PILATES Sabrina	Les Mills BodyPump Sabrina	Total Body Sculpt Vicky	10:00am: Zumba Vicky	
11:00AM	Silver Sneakers Sabrina	YOGA (all levels) Carmen	Silver Sneakers Sabrina	YOGA (all levels) Lynne	Starting 1/23/26: Silver Sneakers Vicky		
1:30pm							
5:30PM	Starting 1/26/26: Les Mills BodyPump Diane	SPINNING® Cindy Zumba Nicole	Total Body Sculpt Vicky	SPINNING® Cindy Zumba Vicky			

* Schedule is subject to change
last updated: 1/22/26

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