



February

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

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

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