



January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM			SPINNING <i>express</i> Lee		SPINNING <i>express</i> Stan		
8:00AM							
8:30AM	Cardio/Core Kim	Les Mills BodyPump Sabrina	Cardio/ Strength Core Kim		YOGA <i>(all levels)</i> Lynne	8:45am: Les Mills BodyPump Jenn	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 Sabrina	10:00am: Zumba Vicky	10:00am: Zumba Nicole
11:00AM	Silver Sneakers TBD	YOGA Carmen	Silver Sneakers Sabrina	YOGA Lynne	Silver Sneakers TBD		
12:00PM				<i>(seasonal):</i> Tai Chi Carmella			
5:30PM	Les Mills BodyPump Diane	Zumba Vicky New Time! SPINNING Cindy	Les Mills BodyPump Diane	Total Body Sculpt Vicky New Time! SPINNING			

* Schedule is subject to change
last updated: 1/02/24

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