



August

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM			SPINNING[®] <i>express</i> Heidi		SPINNING[®] <i>express</i> Stan		
8:00AM						SPINNING[®] Amy	
8:30AM	<i>for the summer only:</i> YOGA Lynne	Les Mills BodyPump Diane	Cardio/ LM Core Diane			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 Sabrina	<i>10:00am:</i> Zumba Vicky	
11:00AM	Silver Sneakers Diane	YOGA Carmen	Silver Sneakers Sabrina	YOGA <i>(all levels)</i> Lynne	Silver Sneakers Carmen		
5:30PM	Les Mills BodyPump Diane	Zumba Vicky	Les Mills BodyPump Diane				
5:45PM	SPINNING[®] Heidi	SPINNING[®] Cindy		SPINNING[®] Vicky F			
6:30PM							

* Schedule is subject to change
last updated: 7/31/24

GROUP FITNESS FEEDBACK
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 TEXT "GFS" to 52236 for NFF Updates