



March

	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 (all levels) Lynne	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 Diane	10:00am: Zumba Vicky	10:00am: Zumba Nicole
11:00AM	Silver Sneakers TBD	YOGA Carmen	Silver Sneakers Sabrina	YOGA Lynne	Silver Sneakers Diane		
12:00PM							
5:30PM	Les Mills BodyPump Diane	Zumba Vicky SPINNING[®] Cindy	Les Mills BodyPump Diane	Total Body Sculpt Vicky SPINNING[®] TBA			

* Schedule is subject to change
last updated: 3/3/25

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