



June

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

*check emails for Zoom logins & recordings
 ** Schedule is subject to change
 last updated: 6/10/24

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