



October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM			SPINNING[®] <i>express</i> TBD		SPINNING[®] <i>express</i> Stan		
8:00AM						SPINNING[®] <i>New: Liz</i>	
8:30AM	<i>starting 10/14:</i> Cardio/Core <i>Kim</i>	Les Mills BodyPump <i>Diane</i>	<i>starting 10/16:</i> Cardio/ Strength Core <i>Kim</i>		<i>starting 10/04:</i> YOGA <i>(all levels)</i> <i>Lynne</i>	Les Mills BodyPump <i>Diane</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>	<i>10:00am:</i> Zumba <i>Vicky</i>	
11:00AM	Silver Sneakers <i>Diane</i>	YOGA <i>Carmen</i>	Silver Sneakers <i>Sabrina</i>	YOGA <i>(all levels)</i> <i>Lynne</i>	Silver Sneakers <i>TBD</i>		
5:30PM	Les Mills BodyPump <i>Diane</i>	Zumba <i>Vicky</i>	Les Mills BodyPump <i>Diane</i>				
5:45PM	SPINNING[®] <i>New: Liz</i>	SPINNING[®] <i>Cindy</i>		SPINNING[®] <i>Vicky F</i>			
6:30PM							

* Schedule is subject to change
last updated: 9/30/24

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