



August

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM					 SPINNING® <i>express</i> Stan		
8:30AM							
8:30AM		Les Mills BodyPump <i>Sabrina</i>				Les Mills BodyPump <i>Sharon</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>Vicky</i>	10:00am: Zumba <i>Vicky</i>	
11:00AM	Silver Sneakers <i>Sabrina</i>	YOGA <i>(all levels)</i> <i>Carmen</i>	Silver Sneakers <i>Sabrina</i>	YOGA <i>(all levels)</i> <i>Lynne</i>	Silver Sneakers <i>Vicky</i>		
1:30pm							
5:30PM	Les Mills BodyPump <i>Sharon</i>	 SPINNING® <i>Cindy</i> Les Mills BodyPump <i>Sharon</i>	Total Body Sculpt <i>Vicky</i>	 SPINNING® <i>Cindy</i> Zumba <i>Vicky</i>			

* Schedule is subject to change
last updated: 7/21/26

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