



# April

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM					<b>SPINNING®</b> express Stan		
8:30AM	(last 4/27): <b>SPINNING®</b> Kim						
8:30AM	<b>YOGA</b> (all levels) Lynne	Les Mills BodyPump Sabrina	(last 4/29): <b>Cardio &amp; Weights</b> Kim		(last 4/24): <b>Cardio &amp; Weights</b> Kim	8:45am: Les Mills BodyPump Diane	<b>YOGA</b> (all levels) Audra
9:45AM	<b>Total Body Sculpt</b> Sabrina	<b>Cardio/ LM Core</b> Sabrina	<b>PILATES</b> Sabrina	Les Mills BodyPump Sabrina	<b>Total Body Sculpt</b> Vicky	10:00am: <b>Zumba</b> Vicky	
11:00AM	<b>Silver Sneakers</b> Sabrina	<b>YOGA</b> (all levels) Carmen	<b>Silver Sneakers</b> Sabrina	<b>YOGA</b> (all levels) Lynne	<b>Silver Sneakers</b> Vicky		
1:30pm							
5:30PM	cancelled for 3/23 <b>Les Mills BodyPump</b> Diane	<b>SPINNING®</b> Cindy <b>Zumba</b> Nicole	<b>Total Body Sculpt</b> Vicky	<b>SPINNING®</b> Cindy <b>Zumba</b> Vicky			

\* Schedule is subject to change  
last updated: 3/26/26

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