






May

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM					 SPINNING® <i>express</i> Stan		
8:00AM							
8:30AM	<i>Summer Season only</i> YOGA <i>(all levels)</i> Lynne	Les Mills BodyPump Sabrina				8:45am: Les Mills BodyPump Jenn	YOGA <i>(all levels)</i> Audra
9:45AM	Total Body Sculpt Sabrina	Cardio/ LM Core Sabrina	PILATES Sabrina	Les Mills BodyPump Sabrina	Total Body Sculpt Sabrina	10:00am: Zumba Vicky	
11:00AM	Silver Sneakers TBD	YOGA <i>(all levels)</i> Carmen	Silver Sneakers Sabrina	YOGA <i>(all levels)</i> Lynne	Silver Sneakers TBD		
5:30PM	Les Mills BodyPump Diane	Zumba Nicole  SPINNING® Cindy	Les Mills BodyPump Jenn	NEW: Zumba Vicky  SPINNING® Cindy			

* Schedule is subject to change
last updated: 4/29/25

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