



# January

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

\* Schedule is subject to change  
last updated: 12/30/25

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