

GROUP EXERCISE SCHEDULE

CENTRAL

Effective 10/13/25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				For class descriptions & updates checkout our app!   Download on the App Store GET IT ON Google Play	
Morning Yoga 8:30-9:30 am Sally		Cycle 8:30-9:00 am Lynn			
	Yogalates 9:30-10:15 am Shannon	Sculpt 9:00-9:30 am Lynn	Express Sculpt 9:45-10:15 am Shannon		
	Silver Sneakers 10:30-11:30 Debbie	Chair Yoga 10:00-11:00 am Shannon	Silver Sneakers 10:30-11:30 Debbie		
	Yoga 10:45-11:45 am Kathy *Manchester	Low Impact Sculpt 12:00-1:00 pm Laura			
	Yoga 6:30-7:30 pm Audrey	Hatha Yoga 5:00-6:00 pm Kim		Yogalates 5:00-6:00 pm KJ	