

GROUP EXERCISE SCHEDULE

CENTRAL

Effective 4/7/26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<p>★ ... New Class/Time Change</p> <p>L ... Low Intensity</p> <p>M ... Medium Intensity</p> <p>H ... High Intensity</p>	
Intro to Yoga 8:30-9:30 am Sally L		Cycle 8:30-9:00 am Lynn H			
	★ Yogalates 9:30-10:15 AM KJ M	Sculpt 9:00-9:30 am Lynn M	Express Sculpt 9:45-10:15 am Shannon H		
	Active Older Adult 10:30-11:30 Stephanie M	Chair Yoga 10:00-11:00 am Sally L	Active Older Adult 10:30-11:30 Stephanie M		
	Meditative Yoga 10:45-11:45 am Kathy *Manchester L	Chair Yoga 4:00-5:00 pm Sally L			
	Yoga 6:30-7:30 pm Audrey L			Yogalates 5:00-6:00 pm KJ M	

