

# GROUP EXERCISE SCHEDULE

## CENTRAL

Effective 5/6/26

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>	
		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 am Stephanie M	Chair Yoga 10:00-11:00 am Sally L	Active Older Adult 10:30-11:30 am Stephanie M		
	Meditative Yoga 10:45-11:45 am Kathy *Manchester L				
	Yoga 6:30-7:30 pm Audrey L			Yogalates 5:00-6:00 pm KJ M	

