

GROUP EXERCISE SCHEDULE

CENTRAL

Effective 9/1/26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				★ ... New Class/Time Change L ... Low Intensity M ... Medium Intensity H ... High Intensity	
		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 M	Active Older Adult 10:30-11:30 am Stephanie M		
	Meditative Yoga 10:45-11:45 am Kathy *Manchester L	Low Impact Sculpt 12:00-1:00 pm Laura M			
	Yoga 6:30-7:30 pm Audrey L				

