

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

LES MILLS
BODYPUMP

9:15 AM - 10:15 AM
Karlyn Nguyen

Forever Fit

1:00 PM - 2:00 PM
Dan Golden

LES MILLS
BODYCOMBAT

5:30 PM - 6:30 PM
Jennifer Bergamo

Yoga

5:30 PM - 6:30 PM
Stephanie Shattuck

Total Body Strength

6:30 AM - 7:30 AM
Margaret Sheen

Run Group

9:30 AM - 10:30 AM
Bob Nicholson

Yoga

10:30 AM - 11:30 AM
Kathy Annan

Strength & Cardio

5:30 PM - 6:30 PM
Ted Kiteveles

Run Group

5:45 AM - 6:45 AM
Kelle Santa

Chair Yoga

10:30 AM - 11:30 AM
Linda Rudnick-Smith


ZUMBA

4:40 PM - 5:15 PM
Lynn Kwietniak

Total Body Strength

5:30 PM - 6:30 PM
Margaret Sheen

LES MILLS
BODYCOMBAT

9:15 AM - 10:15 AM
Krista Harper

Flex and Balance

1:00 PM - 2:00 PM
Kathy Annan

LES MILLS
BODYPUMP

5:30 PM - 6:30 PM
Lynn Kwietniak

Yoga

Yoga

8:30 AM - 9:30 AM
Linda Rudnick-Smith

Forever Fit

1:00 PM - 2:00 PM
Dan Golden

LES MILLS
BODYCOMBAT

8:30 AM - 9:30 AM
Lynn Kwietniak

LES MILLS
BODYPUMP

9:30 AM - 10:30 AM
Lynn Kwietniak