

GROUP EXERCISE SCHEDULE **Fall 2025**



Monday	Tuesday	Wednesday	Thursday	Friday
	Yoga Sculpt <i>Kylie</i> 6:30-7:15am <i>Please bring a Yoga mat</i>			
Power Cycle <i>Shannon</i> 11:30-12:15	Total Body Blitz <i>Kordi</i> 11:30-12:15	Well Built <i>Angie</i> 11:30-12:15	Super Circuit <i>Kordi</i> 11:30-12:15	Yoga <i>Trudy</i> 12:00-12:45 <i>Please bring a Yoga mat</i>
Core Synergy <i>Trudy</i> 12:20-1:05	Yoga <i>Janine/Kylie</i> 12:20-1:05 <i>Please bring a Yoga mat</i>			

Begins September 8th, 2025

*Class instructor may vary due to injury/illness

Class sign-up occurs 15 minutes prior to class start time at main fitness desk.
 This is a dynamic schedule and will change with member needs.
 Classes may not run with 3 or less participants.