

GROUP EXERCISE SCHEDULE WINTER 2026



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</i> 12:20-1:05 <i>Please bring a Yoga mat</i>		New! Yoga Sculpt <i>Kylie</i> 12:25-1:05 <i>Time change!</i> <i>Please bring a Yoga mat</i>	

Begins January 5th, 2026

*Class instructor may vary due to injury/illness

This is a dynamic schedule and will change with member needs
 Classes may not run with 3 or less participants