

GROUP FITNESS SUMMER 2026 - JULY 20 – AUGUST 16

Monday July 20	Tuesday July 21	Wednesday July 22	Thursday July 23	Friday July 24	Saturday July 25	Sunday July 26
6:00 Group Ride Natalie p – M&M	6:00 Group Power Annette – GYM	6:00 Cycle Fit Jan – M&M	6:00 Group Power Natalie p - GYM	6:00 Cycle Fit Annette – M&M	9:00 Hatha/Vinyasa Yoga Mary – M&M	9:00 Hatha/Vinyasa Yoga Mary – M&M
8:00 Yin Yoga Mary – M&M	9:00 Group Active Erin - M&M	9:00 Tabata Joan - GYM	9:00 Group Blast Erin– M&M	9:00 Group Centergy Linda – M&M	10:15 Group Blast Erin - M&M	10:30 HIIT & Strength Candace– M&M
9:00 Tabata Barbell Joan - GYM	10:30 Gentle Fit Fran -GYM	10:30 Morning Fit Candace - GYM	10:30 Gentle Fit Candace - GYM	9:00 Zumba Melissa - GYM	11:45 Slow Flow Yoga Jenny – M&M	6:00 – 7:15PM Stretch & Flow Yoga Laura Lee – M&M
9:15 Group Centergy Sheila – M&M	10:30 Yoga Basics Shirley – M&M	11:00 – 11:50 Cycle Fit Larry – M&M	10:30 Stationary Circuit Fran – M&M	10:30 Morning Fit Fran - GYM	WEEK ONE 	
10:30 Morning Fit Fran - GYM	12:05 Group Power John – GYM	12:05 HIIT Circuit Annette - GYM	12:05 Group Power John - GYM	12:05 Tabata Fran - GYM		
12:05 Strength & Mobility Jan – GYM	12:05 Strength & Conditioning Nadia – M&M	12:10 Vinyasa Slow Flow Jenny– M&M	12:05 Strength & Conditioning Nadia – M&M	12:05 Flow Yoga Jenny – M&M		
5:15 Kripalu Yoga Flow Betsy – M&M	5:15 Group Blast Erin – M&M	5:15 Group Active Erin - M&M		5:00 Power Flow Yoga Laura Lee – M&M		
6:30 Cardio Strength Fusion Candace – M&M	5:15 Group Power Natalie - GYM	6:30 Zumba Nicole – M&M				
	6:30 Slow Flow Yoga Jenny – M&M					
Monday July 27	Tuesday July 28	Wednesday July 29	Thursday July 30	Friday July 31	Saturday Aug 1	Sunday Aug 2
6:00 Group Ride Natalie p – M&M	6:00 Group Power Annette – GYM	6:00 Cycle Fit Jan – M&M	6:00 Group Power Natalie p - GYM	6:00 Cycle Fit Annette – M&M	9:00 Hatha/Vinyasa Yoga Mary – M&M	9:00 Hatha/Vinyasa Yoga Mary – M&M
8:00 Yin Yoga Mary – M&M	9:00 Group Active Erin- M&M	9:00 Tabata Joan - GYM	9:00 Group Blast Erin – M&M	9:00 Group Centergy Linda – M&M	11:45 Slow Flow Yoga Jenny – M&M	6:00 – 7:15PM Stretch & Flow Yoga Laura Lee – M&M
9:00 Tabata Barbell Joan - GYM	10:30 Gentle Fit Fran -GYM	10:30 Morning Fit Candace - GYM	10:30 Gentle Fit Candace - GYM	9:00 Zumba Melissa - GYM	WEEK TWO 	
9:15 Group Centergy Sheila – M&M	10:30 Yoga Basics Shirley – M&M	11:00 – 11:50 Cycle Fit Larry – M&M	10:30 Stationary Circuit Fran – M&M	10:30 Morning Fit Fran - GYM		
10:30 Morning Fit Maggie - GYM	12:05 Group Power John – GYM	12:05 HIIT Circuit Annette - GYM	12:05 Group Power John - GYM	10:30 Chair Yoga Susan – M&M		
12:05 Strength & Mobility Jan – GYM	12:05 Strength & Conditioning Nadia – M&M	12:10 Vinyasa Slow Flow Wendy– M&M	12:05 Strength & Conditioning Nadia – M&M	12:05 Tabata Fran - GYM		
5:15 Kripalu Yoga Flow Betsy – M&M	5:15 Group Blast Erin – M&M	5:15 Group Active Erin - M&M		12:05 Flow Yoga Jenny – M&M		
6:30 Cardio Strength Fusion Candace – M&M	5:15 Group Power Natalie - GYM	6:30 Zumba Nicole – M&M		5:00 Power Flow Yoga Laura Lee – M&M		
	6:30 Slow Flow Yoga Jenny – M&M					

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Monday Aug 3	Tuesday Aug 4	Wednesday Aug 5	Thursday Aug 6	Friday Aug 7	Saturday Aug 8	Sunday Aug 9
New Brunswick Day 	6:00 Group Power Annette – GYM	6:00 Group Ride Jan – M&M	6:00 Group Power Natalie p - GYM	6:00 Cycle Fit Annette – M&M	9:00 Hatha/Vinyasa Yoga Mary – M&M	9:00 Hatha/Vinyasa Yoga Mary – M&M
	9:00 Group Active Erin - M&M	9:00 Tabata Jan - GYM	9:00 Group Blast Erin – M&M	9:00 Group Centergy Linda – M&M	10:15 Group Blast Erin - M&M	10:30 HIIT & Strength Mackenzie – M&M
	10:30 Gentle Fit Maggie -GYM	10:30 Morning Fit Candace - GYM	10:30 Gentle Fit Candace - GYM	9:00 Zumba Melissa - GYM		6:00 – 7:15PM Stretch & Flow Yoga Laura Lee – M&M
	12:05 Group Power John - GYM	11:00 – 11:50 Cycle Fit Larry – M&M	10:30 Stationary Circuit Annette – M&M	10:30 Morning Fit Maggie - GYM	WEEK THREE 	
	12:05 Strength & Conditioning Nadia – M&M	12:05 HIIT Circuit Annette - GYM	12:05 Group Power John - GYM	10:30 Chair Yoga Susan – M&M		
	5:15 Group Blast Erin – M&M	12:10 Vinyasa Slow Flow Wendy– M&M	12:05 Strength & Conditioning Nadia – M&M	12:05 Strength & Conditioning MacKenzie- GYM		
	5:15 Group Power Natalie - GYM	5:15 Group Active Erin - M&M				
	6:30 Slow Flow Yoga Jenny – M&M					
Monday Aug 10	Tuesday Aug 11	Wednesday Aug 12	Thursday Aug 13	Friday Aug 14	Saturday Aug 15	Sunday Aug 16
6:00 Group Ride Natalie p – M&M	6:00 Group Power Terry – GYM	6:00 Group Ride Terry – M&M	6:00 Group Power Natalie p - GYM	6:00 Cycle Fit Annette – M&M	9:00 Hatha/Vinyasa Yoga Mary – M&M	9:00 Hatha/Vinyasa Yoga Mary – M&M
8:00 Yin Yoga Mary – M&M	9:00 Group Active Terry - M&M	9:00 Tabata Joan - GYM	9:00 Group Blast Terry– M&M	9:00 Group Centergy Linda – M&M	10:15 Group Blast Erin - M&M	10:30 HIIT & Strength Mackenzie – M&M
9:00 Tabata Barbell Joan - GYM	10:30 Gentle Fit Candace -GYM	10:30 Morning Fit Candace - GYM	10:30 Gentle Fit Candace - GYM	10:30 Morning Fit Fran - GYM	11:45 Slow Flow Yoga Jenny – M&M	6:00 – 7:15PM Stretch & Flow Yoga Laura Lee – M&M
9:15 Group Centergy Sheila – M&M	10:30 Yoga Basics Shirley – M&M	11:00 – 11:50 Cycle Fit Larry – M&M	10:30 Stationary Circuit Fran – M&M	10:30 Chair Yoga Susan – M&M	WEEK FOUR 	
10:30 Morning Fit Susan- GYM	12:05 Group Power John - GYM	12:05 HIIT Circuit Annette - GYM	12:05 Group Power John - GYM	12:05 Tabata Fran - GYM		
12:05 Strength & Mobility Jan – GYM	12:05 Strength & Conditioning Nadia – M&M	12:10 Vinyasa Slow Flow Wendy– M&M	12:05 Strength & Conditioning Nadia – M&M	12:05 Flow Yoga Jenny – M&M		
5:15 Kripalu Yoga Flow Betsy – M&M	5:15 Group Blast Erin – M&M	5:15 Group Active Erin - M&M				
6:30 Cardio Strength Fusion Candace – M&M	5:15 Group Power Natalie - GYM	6:30 Zumba Nicole – M&M				
	6:30 Slow Flow Yoga Jenny – M&M					