

GROUP FITNESS SUMMER 2026 AUG 17 – SEPT 6

Monday August 17	Tuesday August 18	Wednesday August 19	Thursday August 20	Friday August 21	Saturday August 22	Sunday August 23
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	10:00 – 10:45 Spin Natalie R - M&M Come join Natalie for this high energy class to some older pop/dance and electric dance music!
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 Terry – M&M	10:15 Group Blast Terry - 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	
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 Susan - GYM	12:05 Group Power John – GYM	12:05 HIIT Circuit MacKenzie - GYM	12:05 Group Power John - GYM	10:30 Chair Yoga Susan – M&M	WEEK ONE 	
12:05 Strength & Conditioning MacKenzie – GYM	12:05 Strength & Conditioning Nadia – M&M	5:15 Group Active Erin - M&M	12:05 Strength & Conditioning Nadia – M&M	12:05 Tabata Fran - GYM		
3:00 Steady Steps Danielle & Mackenzie Last class until Fall – M&M	5:15 Group Blast Erin – M&M	6:30 Zumba Nicole – M&M		12:05 Flow Yoga Jenny – M&M		
5:30 Group Fight Natalie R– GYM	5:15 Group Power Natalie - GYM					
Monday August 24	Tuesday August 25	Wednesday August 26	Thursday August 27	Friday August 28	Saturday August 29	Sunday August 30
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 Larry – M&M	9:00 Group Power Natalie R - Gym	10:00 – 10:45 Spin Natalie R - M&M Come join Natalie for this high energy class to some older pop/dance and electric dance music!
9:00 Tabata Barbell Joan - GYM	9:00 Group Active Terry- M&M	9:00 Tabata Joan - GYM	9:00 Group Blast Terry– M&M	9:00 Group Centergy Terry – M&M	9:00 Yoga Basics Shirley – M&M	
9:15 Group Centergy Sheila – M&M	10:30 Gentle Fit Fran - GYM	10:30 Morning Fit Candace - GYM	10:30 Gentle Fit TBD	9:00 Zumba Melissa - GYM	10:15 Group Blast Erin - M&M	
10:30 Morning Fit Susan - GYM	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		
12:05 Strength & Mobility Jan – GYM	12:05 Group Power John – GYM	12:05 HIIT Circuit Fran - GYM	12:05 Group Power John - GYM	10:30 Chair Yoga Susan – M&M	WEEK TWO 	
5:15 Kripalu Yoga Flow Betsy – M&M	12:05 Strength & Conditioning Nadia – M&M	12:10 Flow Yoga Jenny – M&M	12:05 Strength & Conditioning Nadia – M&M	12:05 Tabata Fran - GYM		
6:30 Cardio Strength Fusion Candace – M&M	5:15 Group Blast Erin – M&M	5:15 Group Active Erin - M&M		12:05 Flow Yoga Jenny – M&M		
	5:15 Group Power Natalie - GYM	6:30 Zumba Nicole – M&M				

GROUP FITNESS SUMMER 2026 AUG 17 – SEPT 6

Monday August 31	Tuesday September 1	Wednesday September 2	Thursday September 3	Friday September 4	Saturday September 5	Sunday September 6		
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 Terry– 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 THREE 			
9:15 Group Centergy Sheila – M&M	10:30 Yoga Basics Shirley – M&M	12:05 HIIT Circuit Annette - GYM	10:30 Stationary Circuit Fran – M&M	10:30 Morning Fit Fran - GYM				
10:30 Morning Fit Susan- GYM	12:05 Group Power John - GYM	12:10 Vinyasa Slow Flow Wendy– M&M	12:05 Group Power John - GYM	10:30 Chair Yoga Susan – M&M				
12:05 Group Fight Natalie R– GYM	12:05 Strength & Conditioning Nadia – M&M	5:15 Group Active Erin - 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	6:30 Zumba Nicole – 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 Core Flow Yoga Laura Lee				
	6:30 Slow Flow Yoga Jenny – M&M			Core Flow Yoga is an energizing practice that combines flowing yoga sequences with focused core strengthening. Expect a blend of traditional poses, balance work, and targeted abdominal exercises to build stability, strength, and body awareness. Suitable for all levels, with options to modify or challenge.				

FALL SCHEDULE COMING SOON!