

JANUARY, 2026
Fit-Time for Women
GROUP FITNESS SCHEDULE

		9:00 - 10:00	10:30 - 11:30	12:00 - 1:00	1:15 - 2:15	5:00 - 6:00
MONDAY	Class Instructor	Dance Bayley	Strength Worx Bayley	Chair Yoga Rebe		ZUMBA Laura
TUESDAY	Class Instructor	Morning Mashup Melanie	Arthritis Class Rebe	Strength, Balance & Coordination Barbara	Volleyball	YOGA Rebe
WEDNESDAY	Class Instructor	Yogalates Susan	Yoga for Mobility Jaime	Silver Sneakers Barbara		Strength & Conditioning Jacquie
THURSDAY	Class Instructor	<i>begins 1/15/26</i> Weights and More Lisa	Arthritis Class Susan	Strength, Balance & Coordination Barbara	Volleyball	ZUMBA Nicole
FRIDAY	Class Instructor	Dance Hannah	Yogalates Barbara	Silver Sneakers Barbara		
SATURDAY	Class Instructor	Warrior Cardio Lisa	YOGA Rebe			

Gym will be closed on January 1st
NO CLASSES on January 2nd or 3rd