

**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*