**March & April 2025 Group training monthly.**

SATURDAY

7:30-9:00 am

**Weights 7:30-8:15 am**

**Spinning 8:15-9:00 am**

Stacy

**9:15-10:15 am**

Yoga

Sign up required

FRIDAY

5:30-6:15 am

**Spinning & Abs**

Steph

8:00-8:45 am

**Spinning & Sculpt**

Molly

WEDNESDAY

5:30-6:15 am

**Spinning & Sculpt**

Stacy

8:00-8:45 am

**Per4mance**

Molly

4:30-5:15 pm

**HIT**

Steph

###### THURSDAY

5:30-6:15 am

 **Yoga**

Molly

8:00-8:45 am

**Barre**

Jeanne

10:00-11:00 am

**Silver Sneakers**

Jeanne

**Group Personal Training monthly**

**Tuesdays, Wednesdays, Friday’s 6:00-6:45 am**

**sign up required!**

###### TUESDAY

5:30-6:15 am

**Cardio Barre**

Stephanie

8:00-9:00 am

 **Yoga**

Jeanne

10:00-11:00 am

**Silver Sneakers**

Jeanne

###### MONDAY

5:30-6:15 am

 **Boot camp**

Lora

8:00-8:45 am

**Per4mance**

Molly

4:30-5:15 pm

**HIT**

Steph

5:15-6:15 pm

**Yoga**

Molly