

GROUP FITNESS SCHEDULE

OCTOBER - DECEMBER 2025

CARDIO & STRENGTH	CORE & STRENGTH	STRENGTH	YOUTH	50+
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GROUP X1 WEIGHTROOM					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:30-5:15 PM		Youth Weight Lifting Fundamentals Matthew		Youth Weight Lifting Fundamentals Matthew	
5:30-6:15 PM		Functional Strength Matthew			Functional Strength Matthew

GROUP X2					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-8:45 AM	Forever Fit Grant		Forever Fit Grant		Forever Fit Grant
12:00-12:30 PM	Pilates Reformer Fusion Kylie	Lunch & Lift Grant		Lunch & Lift Grant	Pilates Reformer Fusion Kylie
5:30-6:15 PM	Power 45 Matthew		Power 45 Matthew		