

GROUP EXERCISE SCHEDULE FALL 2026



Monday	Tuesday	Wednesday	Thursday	Friday
	Yoga Sculpt <i>Kylie</i> 6:30-7:15am <i>Please bring a Yoga mat</i>			
Power Cycle <i>Shannon</i> 11:30-12:15	Total Body Blitz <i>Dawn</i> 11:30-12:15	Well Built <i>Angie</i> 11:30-12:15	Super Circuit <i>Jody</i> 11:30-12:15	Yoga <i>Aoife</i> 12:00-12:45 <i>Please bring a Yoga mat</i>
Core and Mobility <i>Megan</i> 12:25-1:10 <i>New instructor!</i> <i>New time!</i>	Yoga <i>New time!</i> <i>Kylie</i> 12:25-1:10 <i>Please bring a Yoga mat</i>		Yoga Sculpt <i>New time!</i> <i>Kylie</i> 12:25-1:10 <i>Please bring a Yoga mat</i>	

Begins September 14th, 2026

*Class instructor may vary due to illness/vacation

This is a dynamic schedule and will change with member needs
 Classes may not run with 3 or less participants

Use WELLNESS LIVING
 to Book a spot!