

# Group Fitness Schedule<sub>as of 1/2026</sub>

<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
12:00-12:45		TBD	<b>Yoga</b> (Steve R)		
11:30-12:15				<b>Cycling</b> (Beth K)	