



HEALTH & FITNESS CLUB

Meredith, New Hampshire

August 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30			Cycle Dave (@5:45am)		Cycle Nicki		
7:00			Cycle Laura D		TRX Mike D (45 Min)		Cycle Amy (@7:15)
8:00	Cardio Strength Laura T (45 Min)	Posture Lenore (45 Min)	Balance Pilates Mio (45 Min)		TRX Mike D (45 Min)	Friday Fusion Stephan (45 Min)	Sweat Steady Nicki/ Jenn
8:00	Cycle Rotation	Cycle Lisa MB		Cycle Ken		Cycle Laura D	
9:00	Zumba Liz R	Pure Strength Lenore	Zumba Lenore	Barre Ashley/ Abby G	Posture Abby L	Pure Strength Mio	
9:00			Cycle Ken		Cycle John		Cycle Jenn/Nicki
10:15		Bone Builders Lenore	Easy Flow Yoga Manna	Total Body Tone Ashley	Zumba Ashley (@10am)	Core Balance Elite John	
4:30		Cycle Jenn L		Gentle Yoga Sharyn			
5:30				Cycle Nicki			
5:30		Gentle Yoga Ellen	Pure Strength Lenore		HIIT It Up Lenore		