



HEALTH & FITNESS CLUB

Meredith, New Hampshire

December 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45			Cycle Dave		Cycle Nicki		
7:30			Cycle Laura D		Cycle Alli (@7am)		Cycle Amy (@7:15)
8:00	Cardio Strength Laura T	Posture Michelle	Balance Pilates Mio		TRX Mike D		Sweat Steady Nicki/ Jenn
8:00	Cycle Rotation	Cycle Lisa MB		Cycle Ken		Cycle Laura D	
9:00	Zumba Liz R	Pure Strength Michelle	Zumba Ashley	Barre Sculpt Ashley	Posture Abby L	Pure Strength Mio	Core Balance Laura T/ Lenore
9:00			Cycle Ken		Cycle Ken		Cycle Jenn/Nicki
10:15		Muscle & Move Michelle	Easy Flow Yoga Michelle	Total Body Tone Ashley	Zumba Ashley (@10am)	Bone Builders Ashley	Chair Yoga Linda
11:30						Yoga Deep Dive Katie O' PP Dec 12th	
4:30		Cycle Jenn L	Mobility & More Lenore	Warm Vinyasa Flow Jen	Stretch Logic Nathaniel		
5:30		Gentle Nidra Linda	Pure Strength Lenore	Cycle Nicki	TRX Lenore		