



HEALTH & FITNESS CLUB

Meredith, New Hampshire

October 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30			Cycle Dave (@5:45am)		Cycle Nicki		
7:30			Cycle Laura D				Cycle Amy (@7:15)
8:00	Cardio Strength Laura T (45 Min)	Posture John (45 Min)	Balance Pilates Mio (45 Min)		TRX Mike D (45 Min)	Pickle Fit Lisa MB Paid Program Drop-In \$15	Sweat Steady Nicki/ Jenn
8:00	Cycle Rotation	Cycle Lisa MB		Cycle Ken		Cycle Laura D	
9:00	Zumba Liz R	Pure Strength Abby G	Zumba Ashley	Barre Sculpt Ashley	Posture Abby L	Pure Strength Mio	Core Balance Elite John
9:00			Cycle Ken		Cycle John		Cycle Jenn/Nicki
10:15		Barre Sculpt Abby G	Easy Flow Yoga Linda	Total Body Tone Ashley	Zumba Ashley (@10am)	Bone Builders Ashley	Chair Yoga Linda
3:30		Female Athlete- SAQ Laura T		Female Athlete- SAQ Laura T			
4:30		Cycle Jenn L	Mobility & More Lenore	Barre Sculpt Abby G	Stretch Logic Nathaniel		
5:30				Cycle Nicki			
5:30		Gentle Yoga Nidra Linda	Pure Strength Lenore		HIIT It Up Lenore		

