



HEALTH & FITNESS CLUB

Meredith, New Hampshire

January 2026

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45			Cycle Dave		Cycle Nicki		
7:00			Cycle Laura D (7:30am)		Cycle Alli		Cycle Amy (7:15am)
8:00	Cardio Strength Laura T	Posture Michelle	Balance Pilates Mio/ Michelle		TRX Mike D		Sweat Steady Nicki/ Jenn
8:00	Cycle Rotation	Cycle Lisa MB		Cycle Laura D		Cycle Laura D	
9:00	Zumba Liz R	Pure Strength Michelle/ Abby G	Zumba Ashley	Barre Sculpt Ashley	Posture Abby L	Pure Strength Mio/ Ashley	
9:00			Cycle Michelle		Cycle Lisa D		Cycle Jenn/Nicki
10:15		Muscle & Move Michelle/ Abby G	Easy Flow Yoga Michelle	Total Body Tone Ashley	Zumba Ashley (@10am)	Bone Builders Ashley	Chair Yoga Linda
11:30			Nutrition Program Michelle (Jan 13- Feb 10)				
4:30		Cycle Jenn L	Mobility & More Lenore	Warm Vinyasa Flow Linda/ Jen	Stretch Logic Nathaniel		
5:30		Gentle Nidra Linda	Pure Strength Lenore	Cycle Nicki	Cardio Strength Lenore		

