



HEALTH & FITNESS CLUB
Meredith, New Hampshire

July 2026

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45			Cycle Dave		Cycle Nicki		
7:00		TRX Straps & Strength Karen	Cycle Karen	Strength Express Karen	Cycle Alli		Cycle Amy @7:15am
8:00	Cardio Strength Laura T	Posture Michelle	Core Balance Elite John	Physio Stretch Nancy	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	Zumba Ashley	Barre Sculpt Ashley	Zumba Lenore	Pure Strength Mio	
9:00			Cycle Michelle		Cycle John		Cycle Jenn/Nicki
10:15		Total BodyTone Lenore	Flow Yoga Michelle	Muscle & Move Michelle	Supine Flow Yoga Manna 75 min	Bone Builders Lenore	
11:30				Stay N Stretch Nancy @ 11:15		Stay N Stretch Nancy @ 11:15	
3:30							
4:30		Cycle Jenn L		Vinyasa Flow Jen			
5:30		Mobility & More Lenore	Pure Strength Lenore	Cycle Nicki	Pyramid Strength Laura T		