



HEALTH & FITNESS CLUB
Meredith, New Hampshire

March 2026

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------|-------------------------------|-------------------------------------|------------------------------------|--------------------------------|--|---|-------------------------------------|
| 5:45 | | | Cycle Dave | | Cycle Nicki | | |
| 7:00 | | | Cycle Karen (7:30am) | | Cycle Alli | | Cycle Amy (7:15am) |
| 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 Laura D | | 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 |
| 9:00 | | | Cycle Michelle | | Cycle Karen | | Cycle Jenn/Nicki |
| 10:15 | | Physio Stretch Nancy | Flow Yoga Michelle | Total Body Tone Ashley | Zumba Ashley (@10am) | Bone Builders Ashley/ Megan | Chair Yoga Linda |
| 11:00 | | | | Stay N Stretch Nancy | | Stay N Stretch Nancy | |
| 3:30 | | | | | Kids Yoga Kara (Ages 1-5yo) 3/26-4/16 | Chakra Balancing Michelle (3-5pm) 3/20 \$50/pp | |
| 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 | Cardio Strength Lenore | | |