



HEALTH & FITNESS CLUB
Meredith, New Hampshire

May 2026

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45			Cycle Dave		Cycle Nicki		
7:00		Straps & Strength Karen	Cycle Karen	Strength Express Karen	Cycle Alli		Cycle Amy (7:15am)
8:00	Cardio Strength Laura T	Core & More Michelle	Balance Pilates Mio/John		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 Michelle	Pure Strength Mio	Core Balance Laura T
9:00			Cycle Michelle		Cycle Karen/ John		Cycle Jenn/Nicki
10:15		Physio Stretch Nancy	Flow Yoga Michelle	Total Body Tone Ashley	Zumba Ashley (@10am)	Bone Builders Ashley	Chair Yoga Linda
11:30				Stretch N Stretch Nancy @ 11:15		Stretch N Stretch Nancy @ 11:15	
3:30							
4:30		Cycle Jenn L		Vinyasa Flow Jen	Stretch Logic Nathaniel		
5:30		Gentle Nidra Linda	Pure Strength Lenore	Cycle Nicki	Cardio Strength Lenore		