EXETER FIT GROUP FITNESS SCHEDULE - November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:15am Lower Studio Spin (Travis)	**5:30-6:15am** Upper Studio Box n' Burn (Ace)	**5:15-6:00am** Upper Studio Pilates & More (De)	**5:30-6:30am** Lower Studio Spin & More (Michelle) No class 11/26	**6:30-7:15am** Upper Studio Box n' Burn (Ace)	**7:15-8:00am** Upper Studio Box n' Burn (Ace) (No class 11/14)	**8:30am-9:30am** Upper Studio Step & Core (Adrienne)
6:00-6:45am Upper Studio Dumbbell Sculpt (Bryheem)	**8:15-9:00am** Lower Studio Yoga (Crystal) No class 11/24	**5:30-6:30am** Lower Studio Spin & More (Michelle)	**6:00-6:45am** Upper Studio Dumbbell Sculpt (Jen D) No Class 11/26	**9:00-9:45am** Lower Studio Silver & Fit (Vi) (Only 11/13 + 11/27)	**8:15-9:15am** Upper Studio Cardio Sculpt (Kellie)	**9:00-10:00am** Lower Studio Spin & More (Michelle)
9:15-10:15am Upper Studio Barre Fusion (Teresa)	**9:15-10:15am** Upper Studio Fitness Fusion (Helen) (Eileen 11/24) No class on 11/10	**6:30-7:15am** Upper Studio Fusion and Strength (Bryheem)	**9:15-10:15am** Upper Studio Fitness Fusion (Helen) No class 11/12 + 11/26	**10:00-11:00am** Upper Studio Zumba (Vi) (Only 11/13 + 11/27)	**8:30-9:15am** Lower Studio Spin (Natalie-11/21) (Michelle -11/07) (Melissa -11/14 + 11/28)	
5:30-6:30pm Upper Studio Body Sculpt (Amy)	**10:30-11:30am** Lower Studio Silver & Fit (Vicki)	**9:15-10:15am** Upper Studio Pilates (Teresa)	**10:30-11:30am** Lower Studio Silver & Fit (Vicki) No class 11/26	**7:15-8:00am** Lower Studio Spin (Eileen) Only 11/27	**9:30-10:15am** Upper Studio Yoga Flow (Lauren H)	
5:30-6:15pm Lower Studio Circuit Training (Travis)	**5:15-6:00pm** Upper Studio H.I.I.T (Kellie)	**5:30-6:15pm** Upper Studio Barre Fitness (Karen)	5:30-6:30pm Upper Studio Cardio Sculpt (Amy) No class 11/26			
7:00-7:45pm Upper Studio Easy Flow Yoga (De)	**5:30-6:15pm** Lower Studio Spin (Melissa)	6:30-7:15pm Upper Studio Circuit training (Ben)	**6:45-7:45pm** Upper Studio Zumba (Vi) No class 11/26			
	6:15-7:00pm Upper Studio Yoga (Jacinda)		8:00-8:45am Lower Studio Spin (Travis) Only 11/26			
			9:15-10:15am Upper Studio Barre Fusion (Teresa) Only 11/26			

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Spin (Melissa, Michelle, Natalie, Travis) - Spin classes offer a non impact, highly effective way to build cardiovascular strength and endurance. Designed for all levels, these classes offer a challenging opporunity to get your heart pumping, burn serious calories, and leave you with a feeling of accomplishment and perhaps a desire to be out on the road!

ZUMBA® & ZUMBA Toning® (Kate, Norma, Jean, Allie, Val, Rosa) – A fusion of Brazilian and Latin dance themes that create a dynamic and exciting, yet easy to follow class. It combines high energy and motivating music with unique moves and combinations to increase aerobic fitness. Open for fitness all levels.

Senior Fitness (Natalie, Dorrine)- Senior class designed using weights and resistance tubing to increase strength. Also includes cardio segments to increase cardio health.

Yoga & Yoga Flow (Jacinda, Lauren H, Mary Beth) – A discipline which includes breath control, simple meditation, and the adoption of specific bodily postures for health and relaxation. A vinyasa flow style of yoga.

Circuit Training (Ben, Miranda) - Incorporate different pieces of equipment each week to keep your body guessing! This class focuses on building muscular strength and endurance. If your focus is to build muscle and burn fat, this class is for you!

R.I.P.P.E.D (Kellie, Julianne) - A total body, high intensity style program utilizing free weights, resistance, and body weight. This workout combines the components of interval training & mixed martial arts and is able to be modified for all fitness levels!

Barre Fitness (Karen) - An athletic workout that is ballet inspired. A total body workout that uses small isometric movements to sculpt, shape, and create lean bodies. A variety of tools help tone & tighten your body from head to toe. No dance experience needed. Bare feet or gripper socks are best suited for this workout.

Dumbbell Sculpt (Jen D) - A full body strength/conditioning class with the use of dumbbells, and other resistance.

Box N' Burn (Ace) - Includes various striking and kicking combinations. It will give you an amazing core by engaging every muscle in your stomach with each punch and kick. It will tone your whole body, burn calories, improve coordination/balance and increase your cardiovascular fitness. Bag work is included.

POUND (Jen) - This class combines cardio, strength training, and pilates movements while using drumsticks to achieve a full body workout. Burn between 500-900 calories per class!

Barre Fusion (Teresa) - A low impact and total body workout that is ballet inspired, and uses small isometric movements to sculpt, shape, and create lean bodies. This class is fused with other movements such as Pilates and Yoga to help with balance and core strength. Bare feet or gripper socks are best suited for this workout.

Pilates (De, Teresa)- Multi-Level class in Pilates mat work. The concepts of alignment, breathing, and control will be learned, as well as the mat exercise. Pilates addresses the foundational muscles essential for fluidity of motion that are fundamental for all types of exercise and athletics.

Body Sculpt, Cardio Sculpt (Miranda, Amy) - A muscle toning class utilizing weight bars, steppers, exercise bands & dumbbells to burn a ton of calories using weight training moves!

Fitness Fusion (Helen) - A total body fitness class suitable for all fitness levels, low impact cardiovascular conditioning followed by or interspersed with strength, balance, and flexibility training utilizing a variety of fitness tools

Spin & More (Michelle) - A combination of a traditional spin class, along with resistance exercises using light dumbbells and resistance bands. The core will also be worked in this class!

Cardio Sculpt (Kellie) - A high-energy, full-body workout that blends heart-pumping cardio with strength-sculpting exercises. This class uses both weights and bodyweight movements to build lean muscle, boost endurance, and burn fat.

H.I.I.T (Kathy, Kellie) - High intensity interval training alternates between short intense bouts of exercise, and brief recovery periods. Includes big movements such as jumping jacks, burpees, and squats.

Easy Flow Yoga (De) - Also known as gentle flow yoga, this is a slower paced yoga class that focuses on linking breath to movement and flowing between poses.

TABATA (Kellie) - high-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds!

***Classes are subject to change at any time. Please check our facebook page and website for up-to-date class offerings and time changes.**