

# SOMERSET SPORTS & FITNESS JULY 2025 CLASS SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>4TH OF JULY HOLIDAY HOURS: <b>FRI., 7/4: 5AM-5PM</b> No classes offered but please use our On-Demand platform in the Aerobic Room or Spin Room!</p> <p><b>SAT, 7/5 &amp; SUN, 7/6: 5AM-8PM</b> Classes offered Just visiting? \$10/day ~ \$25/week</p>	<p><b>SP. R.E. GA.</b> <b>Starts this month!</b> <b><u>Mondays 10am</u></b></p> <p>◇ <b>20 min. SP.in</b></p> <p>◇ <b>20 min. <u>outside</u></b> <b>R.esistance/</b> <b>S.trength</b></p> <p>◇ <b>20 min. yo.GA</b></p>	<p>1 <b><u>5:30AM</u></b> SPINNING WORKOUT WITH JANICE <b><u>5:30AM</u></b> BOOT CAMP WORKOUT WITH JILLIAN <i>SORRY—NO 8AM SPIN TODAY</i> <i>SORRY—NO 9AM CHAIR YOGA TODAY</i> <i>SORRY—NO 10AM BOXERCISE TODAY</i> <b>4PM</b> THE LIFTING WORKOUT WITH KEVIN <i>SORRY—NO 4PM BOXERCISE TODAY</i> <b><u>5PM</u></b> YOGA FOR ALL WITH ARLEEN</p>	<p>2  <b><u>5:30AM</u></b> MATT'S WORKOUT WITH MATT  <b><u>8AM</u></b> FIT FOR LIFE WITH SARAH  <i>SORRY—NO 9AM FLOOR CORE TODAY</i>  <b><u>4:30PM</u></b> BOOTCAMP WORKOUT WITH JILLIAN</p>	<p>3 <b><u>5:30AM</u></b> CIRCUIT MIX-UP WORKOUT WITH SARAH  <i>SORRY—NO 8AM STEP AEROBICS TODAY</i>  <i>SORRY—NO 9AM UP &amp; DOWN YOGA TODAY</i>  <b><u>4PM</u></b> THE LIFTING WORKOUT WITH KEVIN  <b><u>5PM</u></b> YOGA FOR ALL WITH ARLEEN</p>	<p>4  <b><u>Happy Independence Day!!!!</u></b>  <b><u>We are open today</u></b> <b><u>from</u></b> <b><u>5am-5pm</u></b> No classes offered but feel free to use our On Demand platform!</p>	<p>5  <b><u>7AM</u></b> SPINNING WORKOUT WITH CHAD  <b><u>9AM</u></b> ZUMBA!!!! WITH CAROL  <i>SORRY—NO 10AM LINE DANCING TODAY</i></p>
<p>6  <b><u>8:30AM</u></b> THE LIFTING WORKOUT WITH KEVIN</p>	<p>7  <b><u>5:30AM</u></b> WORKOUT CHALLENGE WITH CHAD <b><u>8AM</u></b> FIT FOR LIFE WITH KELLY <b><u>9AM</u></b> GENTLE CHAIR YOGA W/SARAH <b><u>10AM</u></b> SP.R.E.GA WITH KELLY <b><u>4PM</u></b> 30 MIN. CARDIO &amp; CORE WORKOUT WITH SARAH <b><u>4:30PM</u></b> 30 MIN. STRENGTH WORKOUT WITH SARAH <b><u>6PM</u></b> ZUMBA!!!! WITH CAROL</p>	<p>8  <b><u>5:30AM</u></b> SPINNING WORKOUT WITH JANICE <b><u>5:30AM</u></b> BOOTCAMP WORKOUT WITH JILLIAN <b><u>8AM</u></b> SWEATY SPIN WORKOUT WITH KELLY <b><u>9AM</u></b> GENTLE CHAIR YOGA WITH KEL <i>SORRY—NO 10AM BOXERCISE TODAY</i> <b><u>4PM</u></b> THE LIFTING WORKOUT WITH KEVIN <i>SORRY—NO 4PM BOXERCISE TODAY</i> <b><u>5PM</u></b> YOGA FOR ALL WITH ARLEEN</p>	<p>9  <b><u>5:30AM</u></b> MATT'S WORKOUT WITH MATT  <b><u>8AM</u></b> FIT FOR LIFE WITH KELLY  <b><u>9AM</u></b> FLOOR CORE, PILATES &amp; YOGA MIX WITH KELLY  <b><u>4:30PM</u></b> BOOTCAMP WORKOUT WITH JILLIAN</p>	<p>10  <b><u>5:30AM</u></b> CIRCUIT MIX-UP WORKOUT WITH SARAH <b><u>8AM</u></b> BASIC STEP AEROBICS WITH KELLY <b><u>9AM</u></b> UP &amp; DOWN CHILL YOGA WITH KELLY <b><u>4PM</u></b> THE LIFTING WORKOUT WITH KEVIN <b><u>5PM</u></b> YOGA FOR ALL WITH ARLEEN</p>	<p>11 <b><u>5:30AM</u></b> SPINNING WORKOUTWITH CHAD <b><u>5:30AM</u></b> BOOTCAMP WORKOUT WITH JILLIAN <b><u>8AM</u></b> FIT FOR LIFE WITH KELLY <b><u>9AM</u></b> SWEATY SPIN WORKOUT W/KEL <b><u>9AM</u></b> 30 MIN. CARDIO &amp; CORE W/SARAH <b><u>9:30AM</u></b> 30 MIN. STRENGTH WORKOUT WITH SARAH <b><u>10:15AM</u></b> GENTLE CHAIR YOGA WITH SARAH <b><u>5PM</u></b> HYBRID H.L.I.T. WORKOUT WITH MATT</p>	<p>12  <b><u>7AM</u></b> SPINNING WORKOUT WITH CHAD  <b><u>9AM</u></b> ZUMBA!!! WITH CAROL  <b><u>10AM</u></b> LINE DANCING WITH PAM</p>
<p>13  <b><u>8:30AM</u></b> THE LIFTING WORKOUT WITH KEVIN</p>	<p>14  <b><u>5:30AM</u></b> WORKOUT CHALLENGE WITH CHAD <b><u>8AM</u></b> FIT FOR LIFE WITH KELLY <b><u>9AM</u></b> GENTLE CHAIR YOGA W/SARAH <b><u>10AM</u></b> SP.R.E.GA WITH KELLY <b><u>4PM</u></b> 30 MIN. CARDIO &amp; CORE WORKOUT WITH SARAH <b><u>4:30PM</u></b> 30 MIN. STRENGTH WORKOUT WITH SARAH <b><u>6PM</u></b> ZUMBA!!!! WITH CAROL</p>	<p>15  <b><u>5:30AM</u></b> SPINNING WORKOUT WITH JANICE <b><u>5:30AM</u></b> BOOTCAMP WORKOUT WITH JILLIAN <b><u>8AM</u></b> SWEATY SPIN WORKOUT W/KEL <b><u>9AM</u></b> GENTLE CHAIR YOGA WITH KEL <b><u>10AM</u></b> BOXERCISE WITH CARROLL <b><u>4PM</u></b> THE LIFTING WORKOUT WITH KEVIN <b><u>4PM</u></b> BOXERCISE WITH CARROLL <i>SORRY—NO YOGA THIS EVENING</i></p>	<p>16  <b><u>5:30AM</u></b> MATT'S WORKOUT WITH MATT  <b><u>8AM</u></b> FIT FOR LIFE WITH KELLY  <b><u>9AM</u></b> FLOOR CORE, PILATES &amp; YOGA MIX WITH KELLY  <b><u>4:30PM</u></b> BOOTCAMP WORKOUT WITH JILLIAN</p>	<p>17  <b><u>5:30AM</u></b> CIRCUIT MIX-UP WORKOUT WITH SARAH <b><u>8AM</u></b> BASIC STEP AEROBICS WITH KELLY <b><u>9AM</u></b> UP &amp; DOWN CHILL YOGA WITH KELLY <b><u>4PM</u></b> THE LIFTING WORKOUT WITH KEVIN <i>SORRY—NO YOGA THIS EVENING</i></p>	<p>18 <b><u>5:30AM</u></b> SPINNING WORKOUTWITH CHAD <b><u>5:30AM</u></b> BOOTCAMP WORKOUT WITH JILLIAN <b><u>8AM</u></b> FIT FOR LIFE WITH KELLY <b><u>9AM</u></b> SWEATY SPIN WORKOUT W/KEL <b><u>9AM</u></b> 30 MIN. CARDIO &amp; CORE W/SARAH <b><u>9:30AM</u></b> 30 MIN. STRENGTH WORKOUT WITH SARAH <b><u>10:15AM</u></b> GENTLE CHAIR YOGA WITH SARAH <b><u>5PM</u></b> HYBRID H.L.I.T. WORKOUT WITH MATT</p>	<p>19  <b><u>7AM</u></b> SPINNING WORKOUT WITH CHAD  <i>SORRY—NO 9AM ZUMBA!!! TODAY</i>  <b><u>10AM</u></b> LINE DANCING WITH PAM</p>
<p>20  <b><u>8:30AM</u></b> THE LIFTING WORKOUT WITH KEVIN</p>	<p>21  <b><u>5:30AM</u></b> WORKOUT CHALLENGE WITH CHAD <b><u>8AM</u></b> FIT FOR LIFE WITH KELLY <b><u>9AM</u></b> GENTLE CHAIR YOGA W/SARAH <b><u>10AM</u></b> SP.R.E.GA WITH KELLY <b><u>4PM</u></b> 30 MIN. CARDIO &amp; CORE WORKOUT WITH SARAH <b><u>4:30PM</u></b> 30 MIN. STRENGTH WORKOUT WITH SARAH <i>SORRY—NO 6PM ZUMBA TONIGHT!</i></p>	<p>22 <i>SORRY—NO 5:30AM SPINNING WORKOUT TODAY</i> <b><u>5:30AM</u></b> BOOTCAMP WORKOUT WITH JILLIAN <b><u>8AM</u></b> SWEATY SPIN WORKOUT W/KEL <b><u>9AM</u></b> GENTLE CHAIR YOGA WITH KEL <b><u>10AM</u></b> BOXERCISE WITH CARROLL <b><u>4PM</u></b> THE LIFTING WORKOUT WITH KEVIN <b><u>4PM</u></b> BOXERCISE WITH CARROLL <b><u>5PM</u></b> YOGA FOR ALL WITH ARLEEN</p>	<p>23  <b><u>5:30AM</u></b> MATT'S WORKOUT WITH MATT  <b><u>8AM</u></b> FIT FOR LIFE WITH KELLY  <b><u>9AM</u></b> FLOOR CORE, PILATES &amp; YOGA MIX WITH KELLY  <b><u>4:30PM</u></b> BOOTCAMP WORKOUT WITH JILLIAN</p>	<p>24  <b><u>5:30AM</u></b> CIRCUIT MIX-UP WORKOUT WITH SARAH <b><u>8AM</u></b> BASIC STEP AEROBICS WITH KELLY <b><u>9AM</u></b> UP &amp; DOWN CHILL YOGA WITH KELLY <b><u>4PM</u></b> THE LIFTING WORKOUT WITH KEVIN <b><u>5PM</u></b> YOGA FOR ALL WITH ARLEEN</p>	<p>25 <b><u>5:30AM</u></b> SPINNING WORKOUTWITH CHAD <b><u>5:30AM</u></b> BOOTCAMP WORKOUT WITH JILLIAN <b><u>8AM</u></b> FIT FOR LIFE WITH KELLY <b><u>9AM</u></b> SWEATY SPIN WORKOUT W/KEL <b><u>9AM</u></b> 30 MIN. CARDIO &amp; CORE W/SARAH <b><u>9:30AM</u></b> 30 MIN. STRENGTH WORKOUT WITH SARAH <b><u>10:15AM</u></b> GENTLE CHAIR YOGA WITH SARAH <b><u>5PM</u></b> HYBRID H.L.I.T. WORKOUT WITH MATT</p>	<p>26  <b><u>7AM</u></b> SPINNING WORKOUT WITH CHAD  <b><u>9AM</u></b> ZUMBA!!! WITH CAROL  <b><u>10AM</u></b> LINE DANCING WITH PAM</p>
<p>27  <b><u>8:30AM</u></b> THE LIFTING WORKOUT WITH KEVIN</p>	<p>28  <b><u>5:30AM</u></b> WORKOUT CHALLENGE WITH CHAD <b><u>8AM</u></b> FIT FOR LIFE WITH KELLY <b><u>9AM</u></b> GENTLE CHAIR YOGA W/SARAH <b><u>10AM</u></b> SP.R.E.GA WITH KELLY <b><u>4PM</u></b> 30 MIN. CARDIO &amp; CORE WORKOUT WITH SARAH <b><u>4:30PM</u></b> 30 MIN. STRENGTH WORKOUT WITH SARAH <b><u>6PM</u></b> ZUMBA!!!! WITH CAROL</p>	<p>29  <b><u>5:30AM</u></b> SPINNING WORKOUT WITH JANICE <b><u>5:30AM</u></b> BOOTCAMP WORKOUT WITH JILLIAN <b><u>8AM</u></b> SWEATY SPIN WORKOUT W/KEL <b><u>9AM</u></b> GENTLE CHAIR YOGA WITH KEL <b><u>10AM</u></b> BOXERCISE WITH CARROLL <b><u>4PM</u></b> THE LIFTING WORKOUT WITH KEVIN <b><u>4PM</u></b> BOXERCISE WITH CARROLL <b><u>5PM</u></b> YOGA FOR ALL WITH ARLEEN</p>	<p>30  <b><u>5:30AM</u></b> MATT'S WORKOUT WITH MATT  <b><u>8AM</u></b> FIT FOR LIFE WITH KELLY  <b><u>9AM</u></b> FLOOR CORE, PILATES &amp; YOGA MIX WITH KELLY  <b><u>4:30PM</u></b> BOOTCAMP WORKOUT WITH JILLIAN</p>	<p>31  <b><u>5:30AM</u></b> CIRCUIT MIX-UP WORKOUT WITH SARAH <b><u>8AM</u></b> BASIC STEP AEROBICS WITH KELLY <b><u>9AM</u></b> UP &amp; DOWN CHILL YOGA WITH KELLY <b><u>4PM</u></b> THE LIFTING WORKOUT WITH KEVIN <b><u>5PM</u></b> YOGA FOR ALL WITH ARLEEN</p>	<p>All classes are included in your paid membership. We offer various membership types and pricings. Pass Booklets available that can be shared between friends and family. Ask for your free link to all of our On Demand Classes and do them anywhere!! Sign up online! <a href="#">Sign Up   Gym Assistant MemberConnect</a></p>	<p>We are..... <i>Somerset Sports &amp; Fitness</i> 6 Commerce Drive Skowhegan, ME 04976 207-474-2224 <a href="mailto:kcoughlin@rfgh.net">kcoughlin@rfgh.net</a> <i>Somerset Sports And Fitness / Redington-Fairview General Hospital</i> <b><u>MON-FRI: 4AM-9PM</u></b> <b><u>SAT&amp; SUN:</u></b> <b><u>5AM-8PM</u></b></p>