

# SOMERSET SPORTS & FITNESS AUGUST 2025 CLASS SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>We are..... Somerset Sports &amp; Fitness 6 Commerce Drive Skowhegan, ME 04976 207-474-2224 kcoughlin@rfgh.net www.rfgh.net MON-FRI: 4AM-9PM SAT &amp; SUN: 5AM-8PM Sign up online..... <a href="#">Sign Up   Gym Assistant MemberConnect</a></p>	<p><b>AUGUST MEMBERSHIP SPECIAL!!!! 2 MONTHS: \$80</b></p>	<p><i>ALL CLASSES ARE INCLUDED IN YOUR MEMBERSHIP!</i></p> <p><i>CANNOT MAKE A LIVE CLASS? ALL MEMBERSHIPS INCLUDE A FREE LINK TO OUR ON-DEMAND CLASS LIBRARY THAT YOU CAN DO ANYWHERE AT ANYTIME!</i></p> <p><i>TAKE YOUR WORKOUT OUTSIDE! ASK FOR THE SHED KEY FOR ALL OF THE OUTSIDE EQUIPMENT INCLUDING PICKLEBALL!</i></p>	<p><b>THURSDAY CIRCUIT MIX-UP WORKOUT WITH SARAH: 2 CLASSES TO CHOOSE FROM: 5:30AM OR 4:25PM STARTS 7/14</b></p>	<p><b>BOOTCAMP WORKOUTS WITH JILLIAN: NOW!!!!: MON &amp; FRI: 7AM WED: 4:30PM</b></p>	<p>1 <u>5:30AM</u> SPIN &amp; CYCLE WORKOUT WITH CHAD 7AM BOOTCAMP WORKOUT WITH JILLIAN 8AM FIT FOR LIFE WITH SARAH <u>SORRY—NO 9AM SPIN</u> 9AM 30 MIN. CARDIO &amp; CORE WORKOUT WITH SARAH 9:30AM 30 MIN. STRENGTH WORKOUT WITH SARAH 10:15AM GENTLE CHAIR YOGA WITH SARAH 5PM HYBRID H.L.I.T WORKOUT WITH MATT</p>	<p>2</p> <p>7AM SPIN &amp; CYCLE WORKOUT WITH CHAD</p> <p>9AM ZUMBA!!!! WITH CAROL</p> <p>10AM LINE DANCING FOR ALL WITH PAM</p>
<p>3</p> <p>8:30AM THE LIFTING WORKOUT WITH KEVIN</p>	<p>4</p> <p>5:30AM WORKOUT CHALLENGE WITH CHAD 7AM BOOTCAMP WORKOUT WITH JILLIAN <u>SORRY—NO 8AM FIT FOR LIFE</u> <u>SORRY—NO 9AM YOGA</u> <u>SORRY—NO 4PM CARDIO &amp; CORE</u> <u>SORRY—NO 4:30PM STRENGTH</u> 6PM ZUMBA!!! WITH CAROL</p>	<p>5</p> <p>5:3AM GOOD MORNING SPIN WORKOUT WITH JANICE 8AM SWEATY MORNING SPIN WITH KELLY 9AM GENTLE CHAIR YOGA WITH KEL 10AM BOXERCISE WITH CARROLL 4PM THE LIFTING WORKOUT WITH KEVIN 4PM BOXERCISE WITH CARROLL 5PM YOGA FOR ALL WITH ARLEEN</p>	<p>6</p> <p>5:30AM MATT'S WORKOUT WITH MATT!</p> <p>8AM FIT FOR LIFE WITH KELLY</p> <p>9AM FLOOR CORE,/PILATES/YOGA WITH KELLY</p> <p>4:30PM BOOTCAMP WORKOUT WITH JILLIAN</p>	<p>7</p> <p><u>SORRY NO 5:30AM CIRCUIT</u> 8AM BASIC STEP AEROBICS WITH KELLY 9AM UP &amp; DOWN CHILL YOGA WITH KELLY 4PM THE LIFTING WORKOUT WITH KEVIN <u>SORRY—NO 4:25PM CIRCUIT</u> 5PM YOGA FOR ALL WITH ARLEEN</p>	<p>8</p> <p>5:30AM SPIN &amp; CYCLE WORKOUT WITH CHAD 7AM BOOTCAMP WORKOUT WITH JILLIAN 8AM FIT FOR LIFE WITH KELLY 9AM SWEATY SPIN WORKOUT W/KEL <u>SORRY—NO 9AM CARDIO &amp; CORE</u> <u>SORRY—NO 9:30AM STRENGTH</u> 10:15AM GENTLE CHAIR YOGA WITH KELLY 5PM HYBRID H.L.I.T WORKOUT WITH MATT</p>	<p>9</p> <p>7AM SPIN &amp; CYCLE WORKOUT WITH CHAD</p> <p>9AM ZUMBA!!!! WITH CAROL</p> <p>10AM LINE DANCING FOR ALL WITH PAM</p>
<p>10</p> <p>8:30AM THE LIFTING WORKOUT WITH KEVIN</p>	<p>11</p> <p>5:30AM WORKOUT CHALLENGE WITH CHAD 7AM BOOTCAMP WORKOUT WITH JILLIAN 8AM FIT FOR LIFE WITH KELLY 9AM GENTLE CHAIR YOGA WITH SARAH 4PM 30 MIN. CARDIO &amp; CORE WORKOUT WITH SARAH 4:30PM 30 MIN. STRENGTH WORKOUT WITH SARAH 6PM ZUMBA!!! WITH CAROL</p>	<p>12</p> <p>5:3AM GOOD MORNING SPIN WORKOUT WITH JANICE 8AM SWEATY MORNING SPIN WITH KELLY 9AM GENTLE CHAIR YOGA WITH KEL 10AM BOXERCISE WITH CARROLL 4PM THE LIFTING WORKOUT WITH KEVIN 4PM BOXERCISE WITH CARROLL 5PM YOGA FOR ALL WITH ARLEEN</p>	<p>13</p> <p>5:30AM MATT'S WORKOUT WITH MATT!</p> <p>8AM FIT FOR LIFE WITH KELLY</p> <p>9AM FLOOR CORE,/PILATES/YOGA WITH KELLY</p> <p>4:30PM BOOTCAMP WORKOUT WITH JILLIAN</p>	<p>14</p> <p>5:30AM CIRCUIT MIX-UP WITH SARAH 8AM BASIC STEP AEROBICS WITH KELLY 9AM UP &amp; DOWN CHILL YOGA WITH KELLY 4PM THE LIFTING WORKOUT WITH KEVIN 4:25PM CIRCUIT MIX-UP WITH SARAH 5PM YOGA FOR ALL WITH ARLEEN</p>	<p>15</p> <p>5:30AM SPIN &amp; CYCLE WORKOUT WITH CHAD 7AM BOOTCAMP WORKOUT WITH JILLIAN 8AM FIT FOR LIFE WITH KELLY 9AM SWEATY SPIN WORKOUT W/KEL 9AM 30 MIN. CARDIO &amp; CORE WORKOUT WITH SARAH 9:30AM 30 MIN. STRENGTH WORKOUT WITH SARAH 10:15AM GENTLE CHAIR YOGA WITH SARAH 5PM HYBRID H.L.I.T WORKOUT WITH</p>	<p>16</p> <p>7AM SPIN &amp; CYCLE WORKOUT WITH CHAD</p> <p>9AM ZUMBA!!!! WITH CAROL</p> <p>10AM LINE DANCING FOR ALL WITH PAM</p>
<p>17</p> <p>8:30AM THE LIFTING WORKOUT WITH KEVIN</p>	<p>18</p> <p>5:30AM WORKOUT CHALLENGE WITH CHAD 7AM BOOTCAMP WORKOUT WITH JILLIAN 8AM FIT FOR LIFE WITH KELLY 9AM GENTLE CHAIR YOGA WITH SARAH 4PM 30 MIN. CARDIO &amp; CORE WORKOUT WITH SARAH 4:30PM 30 MIN. STRENGTH WORKOUT WITH SARAH 6PM ZUMBA!!! WITH CAROL</p>	<p>19</p> <p>5:3AM GOOD MORNING SPIN WORKOUT WITH JANICE <u>SORRY—NO SPINNING</u> <u>SORRY—NO CHAIR YOGA</u> 10AM BOXERCISE WITH CARROLL 4PM THE LIFTING WORKOUT WITH KEVIN 4PM BOXERCISE WITH CARROLL 5PM YOGA FOR ALL WITH ARLEEN</p>	<p>20</p> <p>5:30AM MATT'S WORKOUT WITH MATT!</p> <p>8AM FIT FOR LIFE WITH SARAH</p> <p><u>SORRY—NO 9AM FLOOR WORKOUT</u></p> <p>4:30PM BOOTCAMP WORKOUT WITH JILLIAN</p>	<p>21</p> <p>5:30AM CIRCUIT MIX-UP WITH SARAH <u>SORRY—NO 8AM STEP TODAY</u> <u>SORRY—NO 9AM YOGA TODAY</u> 4PM THE LIFTING WORKOUT WITH KEVIN 4:25PM CIRCUIT MIX-UP WITH SARAH <u>SORRY—NO 5PM YOGA</u></p>	<p>22</p> <p>5:30AM SPIN &amp; CYCLE WORKOUT WITH CHAD 7AM BOOTCAMP WORKOUT WITH JILLIAN 8AM FIT FOR LIFE WITH SARAH <u>SORRY NO 9AM SPINNING</u> 9AM 30 MIN. CARDIO &amp; CORE WORKOUT WITH SARAH 9:30AM 30 MIN. STRENGTH WORKOUT WITH SARAH 10:15AM GENTLE CHAIR YOGA WITH SARAH 5PM HYBRID H.L.I.T WORKOUT WITH MATT</p>	<p>23</p> <p>7AM SPIN &amp; CYCLE WORKOUT WITH CHAD</p> <p>9AM ZUMBA!!!! WITH CAROL</p> <p>10AM LINE DANCING FOR ALL WITH PAM</p>
<p>24 &amp; 31</p> <p>8:30AM THE LIFTING WORKOUT WITH KEVIN</p>	<p>25</p> <p>5:30AM WORKOUT CHALLENGE WITH CHAD 7AM BOOTCAMP WORKOUT WITH JILLIAN 8AM FIT FOR LIFE WITH SARAH 9AM GENTLE CHAIR YOGA WITH SARAH 4PM 30 MIN. CARDIO &amp; CORE WORKOUT WITH SARAH 4:30PM 30 MIN. STRENGTH WORKOUT WITH SARAH 6PM ZUMBA!!! WITH CAROL</p>	<p>26</p> <p>5:3AM GOOD MORNING SPIN WORKOUT WITH JANICE 8AM SWEATY MORNING SPIN WITH KELLY 9AM GENTLE CHAIR YOGA WITH KEL 10AM BOXERCISE WITH CARROLL 4PM THE LIFTING WORKOUT WITH KEVIN 4PM BOXERCISE WITH CARROLL <u>SORRY—NO 5PM YOGA</u></p>	<p>27</p> <p>5:30AM MATT'S WORKOUT WITH MATT!</p> <p>8AM FIT FOR LIFE WITH KELLY</p> <p>9AM FLOOR CORE,/PILATES/YOGA WITH KELLY</p> <p>4:30PM BOOTCAMP WORKOUT WITH JILLIAN</p>	<p>28</p> <p>5:30AM CIRCUIT MIX-UP WITH SARAH 8AM BASIC STEP AEROBICS WITH KELLY 9AM UP &amp; DOWN CHILL YOGA WITH KELLY 4PM THE LIFTING WORKOUT WITH KEVIN 4:25PM CIRCUIT MIX-UP WITH SARAH 5PM YOGA FOR ALL WITH ARLEEN</p>	<p>29</p> <p>5:30AM SPIN &amp; CYCLE WORKOUT WITH CHAD 7AM BOOTCAMP WORKOUT WITH JILLIAN 8AM FIT FOR LIFE WITH KELLY 9AM SWEATY SPIN WORKOUT W/KEL 9AM 30 MIN. CARDIO &amp; CORE WORKOUT WITH SARAH 9:30AM 30 MIN. STRENGTH WORKOUT WITH SARAH 10:15AM GENTLE CHAIR YOGA WITH SARAH 5PM HYBRID H.L.I.T WORKOUT W/MATT</p>	<p>30</p> <p>7AM SPIN &amp; CYCLE WORKOUT WITH CHAD</p> <p>9AM ZUMBA!!!! WITH CAROL</p> <p>10AM LINE DANCING FOR ALL WITH PAM</p>