



SOMERSET SPORTS & FITNESS DECEMBER 2025 CLASS SCHEDULE



HOLIDAY HOURS: <u>12/24:</u> CLOSING AT 5PM <u>12/25:</u> MERRY CHRISTMAS! CLOSED <u>12/26:</u> OPEN NORMAL HOURS, 4AM-9PM (SORRY NO CLASSES OFFERED) <u>12/31:</u> CLOSING AT 5PM <u>1/1/26:</u> HAPPY NEW YEAR! CLOSED	1 <u>5:30AM</u> WORKOUT CHALLENGE WITH MATT <u>6:30AM</u> FULL BODY CIRCUIT WORKOUT WITH JILLIAN <u>8AM</u> FIT FOR LIFE WITH KELLY <u>9AM</u> GENTLE CHAIR YOGA WITH SARAH <u>4PM</u> 30 MIN. CARDIO & CORE WORKOUT WITH SARAH <u>4:30PM</u> 30 MIN. STRENGTH WORKOUT WITH SARAH <u>5:15PM</u> TAI CHI WITH GLENN <u>6PM</u> ZUMBA!!!! WITH CAROL	2 <u>5:30AM</u> GOOD MORNING SPIN WORKOUT WITH JANICE <u>8AM</u> SWEATY SPIN WITH KELLY <u>8AM</u> BEGINNER DEKA TRAIN WORKOUT WITH SARAH <u>9AM</u> GENTLE CHAIR RESTORATIVE YOGA W/KELLY <u>10AM</u> BOXERCISE WITH CARROLL <u>4PM</u> THE LIFTING WORKOUT WITH KEVIN <u>4PM</u> BOXERCISE W/CARROLL <u>5PM</u> YOGA FOR ALL W/ARLEEN	3 <u>5:30AM</u> MATT'S INCREDIBLE WORKOUT <u>8AM</u> FIT FOR LIFE WITH KELLY <u>9AM</u> FLOOR CORE/PILATES MIX WITH KELLY <u>10AM</u> ASANA YOGA WITH SHAMKARA <u>11AM</u> PRAYANAMA WITH SHAMKARA <u>4:30PM</u> DEKA TRAIN FULL BODY CIRCUIT WORKOUT WITH JILLIAN	4 <u>5:30AM</u> CUIRCUIT MIX-UP WORKOUT WITH SARAH <u>8AM</u> STEP AEROBICS WITH KELLY <u>9AM</u> RESTORATIVE GENTLE UP & DOWN YOGA WITH KELLY <u>4PM</u> THE LIFTING WORKOUT WITH KEVIN <u>5PM</u> YOGA FOR ALL WITH ARLEEN	5 <u>5:30AM</u> GOOD MORNING SPIN WORKOUT WITH JANICE <u>6:30AM</u> FULL BODY CIRCUIT WORKOUT W/JILLIAN <u>8AM</u> FIT FOR LIFE WITH KELLY <u>9AM</u> SWEATY SPIN WORKOUT WITH KELLY <u>10AM</u> 30 MIN. CARDIO & CORE WORKOUT W/SARAH <u>2:30AM</u> 30 MIN. STRENGTH WORKOUT WITH SARAH <u>10:15AM</u> GENTLE CHAIR YOGA WITH SARAH <u>5PM</u> HYBRID DEKA WORKOUT WITH MATT	6 <u>7AM</u> SPIN WORKOUT WITH CHAD <u>8AM</u> DEKA WORKOUT WITH MATT <u>9AM</u> ZUMBA!!!! WITH CAROL <u>2PM</u> ASANA YOGA WITH SHAMKARA <u>3PM</u> PRANAYAMA WITH SHAMKARA
7 <u>8:30AM</u> THE LIFTING WORKOUT WITH KEVIN	8 <u>5:30AM</u> WORKOUT CHALLENGE WITH MATT <u>6:30AM</u> FULL BODY CIRCUIT WORKOUT WITH JILLIAN <u>8AM</u> FIT FOR LIFE WITH KELLY <u>9AM</u> GENTLE CHAIR YOGA WITH SARAH <u>4PM</u> 30 MIN. CARDIO & CORE WORKOUT WITH SARAH <u>4:30PM</u> 30 MIN. STRENGTH WORKOUT WITH SARAH <u>5:15PM</u> TAI CHI FOR ALL W/ GLENN <u>6PM</u> ZUMBA!!!! WITH CAROL	9 <u>5:30AM</u> GOOD MORNING SPIN WORKOUT WITH JANICE <u>8AM</u> SWEATY SPIN WITH KELLY <u>8AM</u> BEGINNER DEKA TRAIN WORKOUT WITH SARAH <u>9AM</u> GENTLE CHAIR RESTORATIVE YOGA W/KELLY <u>10AM</u> BOXERCISE WITH CARROLL <u>4PM</u> THE LIFTING WORKOUT WITH KEVIN <u>4PM</u> BOXERCISE W/CARROLL <u>5PM</u> YOGA FOR ALL W/ARLEEN	10 <u>5:30AM</u> MATT'S INCREDIBLE WORKOUT <u>8AM</u> FIT FOR LIFE WITH KELLY <u>9AM</u> FLOOR CORE/PILATES MIX WITH KELLY <u>10AM</u> ASANA YOGA WITH SHAMKARA <u>11AM</u> PRAYANAMA WITH SHAMKARA <u>4:30PM</u> DEKA TRAIN FULL BODY CIRCUIT WORKOUT WITH JILLIAN	11 <u>5:30AM</u> CUIRCUIT MIX-UP WORKOUT WITH SARAH <u>8AM</u> STEP AEROBICS WITH KELLY <u>9AM</u> RESTORATIVE GENTLE UP & DOWN YOGA WITH KELLY <u>4PM</u> THE LIFTING WORKOUT WITH KEVIN <u>5PM</u> YOGA FOR ALL WITH ARLEEN	12 <u>5:30AM</u> GOOD MORNING SPIN WORKOUT WITH JANICE <u>6:30AM</u> FULL BODY CIRCUIT WORKOUT W/JILLIAN <u>8AM</u> FIT FOR LIFE WITH KELLY <u>9AM</u> SWEATY SPIN WORKOUT WITH KELLY <u>10AM</u> 30 MIN. CARDIO & CORE WORKOUT W/SARAH <u>2:30AM</u> 30 MIN. STRENGTH WORKOUT WITH SARAH <u>10:15AM</u> GENTLE CHAIR YOGA WITH SARAH <u>5PM</u> HYBRID DEKA WORKOUT WITH MATT	13 <u>7AM</u> SPIN WORKOUT WITH CHAD <u>8AM</u> DEKA WORKOUT WITH MATT <u>9AM</u> ZUMBA!!!! WITH CAROL <u>2PM</u> ASANA YOGA WITH SHAMKARA <u>3PM</u> PRANAYAMA WITH SHAMKARA
14 <u>8:30AM</u> THE LIFTING WORKOUT WITH KEVIN	15 <u>5:30AM</u> WORKOUT CHALLENGE WITH MATT <u>6:30AM</u> FULL BODY CIRCUIT WORKOUT WITH JILLIAN <u>8AM</u> FIT FOR LIFE WITH KELLY <u>9AM</u> GENTLE CHAIR YOGA WITH SARAH <u>4PM</u> 30 MIN. CARDIO & CORE WORKOUT WITH SARAH <u>4:30PM</u> 30 MIN. STRENGTH WORKOUT WITH SARAH <u>5:15PM</u> TAI CHI W/ GLENN <u>6PM</u> ZUMBA!!!! WITH CAROL	16 <u>5:30AM</u> GOOD MORNING SPIN WORKOUT WITH JANICE <u>8AM</u> SWEATY SPIN WITH KELLY <u>8AM</u> BEGINNER DEKA TRAIN WORKOUT WITH SARAH <u>9AM</u> GENTLE CHAIR RESTORATIVE YOGA W/KELLY <u>10AM</u> BOXERCISE W/ CARROLL <u>4PM</u> THE LIFTING WORKOUT WITH KEVIN <u>4PM</u> BOXERCISE W/CARROLL <u>5PM</u> YOGA FOR ALL W/ARLEEN	17 <u>5:30AM</u> MATT'S INCREDIBLE WORKOUT <u>8AM</u> FIT FOR LIFE WITH KELLY <u>9AM</u> FLOOR CORE/PILATES MIX WITH KELLY <u>10AM</u> ASANA YOGA WITH SHAMKARA <u>11AM</u> PRAYANAMA WITH SHAMKARA <u>4:30PM</u> DEKA TRAIN FULL BODY CIRCUIT WORKOUT WITH JILLIAN	18 <u>5:30AM</u> CUIRCUIT MIX-UP WORKOUT WITH SARAH <u>8AM</u> STEP AEROBICS WITH KELLY <u>9AM</u> RESTORATIVE GENTLE UP & DOWN YOGA WITH KELLY <u>4PM</u> THE LIFTING WORKOUT WITH KEVIN <u>5PM</u> YOGA FOR ALL WITH ARLEEN	19 <u>5:30AM</u> GOOD MORNING SPIN WORKOUT WITH JANICE <u>6:30AM</u> FULL BODY CIRCUIT WORKOUT W/JILLIAN <u>8AM</u> FIT FOR LIFE WITH KELLY <u>9AM</u> SWEATY SPIN WORKOUT WITH KELLY <u>10AM</u> 30 MIN. CARDIO & CORE WORKOUT W/SARAH <u>2:30AM</u> 30 MIN. STRENGTH WORKOUT WITH SARAH <u>10:15AM</u> GENTLE CHAIR YOGA WITH SARAH <u>5PM</u> HYBRID DEKA WORKOUT WITH MATT	20 <u>7AM</u> SPIN WORKOUT WITH CHAD <u>8AM</u> DEKA WORKOUT WITH MATT <u>9AM</u> ZUMBA!!!! WITH CAROL <u>2PM</u> ASANA YOGA WITH SHAMKARA <u>3PM</u> PRANAYAMA WITH SHAMKARA
21 <u>8:30AM</u> THE LIFTING WORKOUT WITH KEVIN	22 <u>5:30AM</u> WORKOUT CHALLENGE WITH MATT <u>6:30AM</u> FULL BODY CIRCUIT WORKOUT WITH JILLIAN <u>8AM</u> FIT FOR LIFE WITH KELLY <u>9AM</u> GENTLE CHAIR YOGA WITH SARAH <u>4PM</u> 30 MIN. CARDIO & CORE WORKOUT WITH SARAH <u>4:30PM</u> 30 MIN. STRENGTH WORKOUT WITH SARAH <u>5:15PM</u> TAI CHI FOR ALL W/ GLENN <u>6PM</u> ZUMBA!!!! WITH CAROL	23 <u>5:30AM</u> GOOD MORNING SPIN WORKOUT WITH JANICE <u>8AM</u> SWEATY SPIN WITH KELLY <u>8AM</u> BEGINNER DEKA TRAIN WORKOUT WITH SARAH <u>9AM</u> GENTLE CHAIR RESTORATIVE YOGA W/KELLY <u>10AM</u> BOXERCISE WITH CARROLL <u>4PM</u> THE LIFTING WORKOUT WITH KEVIN <u>4PM</u> BOXERCISE W/CARROLL <u>SORRY NO 5PM YOGA</u>	24 <u>5:30AM</u> MATT'S INCREDIBLE WORKOUT WITH <u>8AM</u> FIT FOR LIFE WITH KELLY <u>9AM</u> FLOOR CORE/PILATES MIX WITH KELLY <u>10AM</u> ASANA YOGA WITH SHAMKARA <u>11AM</u> PRAYANAMA WITH SHAMKARA <u>CLOSING AT 5PM TODAY</u>	25 <i>From all of us at SSF, we consider you all family & friends.</i> <i>Have a peaceful and Merry Christmas</i> <i>(we will be closed today)</i>	26 <u>WE ARE OPEN TODAY</u> <u>NORMAL HOURS:</u> <u>4AM-9PM</u> Sorry—no live classes today! Please feel free to come in and stream one of our hundreds of classes. Call ahead to sign out the aerobic room or spin room—indoor practice pickleball is here! <u>INTERESTED IN DEKA TRAINING CLASSES?</u> <u>Tuesdays 8am</u> <u>Wednesdays 4:30pm</u> <u>Fridays 5pm/Saturdays 8am</u>	27 <u>7AM</u> SPIN WORKOUT WITH CHAD <u>8AM</u> DEKA WORKOUT WITH MATT <u>SORRY—NO 9AM ZUMBA</u> <u>2PM</u> ASANA YOGA WITH SHAMKARA <u>3PM</u> PRANAYAMA WITH SHAMKARA
28 <u>8:30AM</u> THE LIFTING WORKOUT WITH KEVIN	29 <u>5:30AM</u> WORKOUT CHALLENGE WITH MATT <u>6:30AM</u> FULL BODY CIRCUIT WORKOUT WITH JILLIAN <u>8AM</u> FIT FOR LIFE WITH SARAH <u>9AM</u> GENTLE CHAIR YOGA WITH SARAH <u>4PM</u> 30 MIN. CARDIO & CORE WORKOUT WITH SARAH <u>4:30PM</u> 30 MIN. STRENGTH WORKOUT WITH SARAH <u>5:15PM</u> TAI CHI FOR ALL W/ GLENN <u>6PM</u> ZUMBA!!!! WITH CAROL	30 <u>5:30AM</u> GOOD MORNING SPIN WORKOUT WITH JANICE <u>8AM</u> SWEATY SPIN WITH KELLY <u>8AM</u> BEGINNER DEKA TRAIN WORKOUT WITH SARAH <u>9AM</u> GENTLE CHAIR RESTORATIVE YOGA W/KELLY <u>10AM</u> BOXERCISE WITH CARROLL <u>4PM</u> THE LIFTING WORKOUT WITH KEVIN <u>4PM</u> BOXERCISE W/CARROLL <u>SORRY—NO 5PM YOGA</u>	31 <u>5:30AM</u> MATT'S INCREDIBLE WORKOUT <u>8AM</u> FIT FOR LIFE WITH KELLY <u>9AM</u> FLOOR CORE/PILATES MIX WITH KELLY <u>10AM</u> ASANA YOGA WITH SHAMKARA <u>11AM</u> PRAYANAMA WITH SHAMKARA <u>CLOSING AT 5PM TODAY</u>	January 1, 2026! Here is to a happy and healthy year. Let us help you start the year getting stronger... <i>tomorrow!</i> We are closed today Open 1/2/26: 4AM-9PM	SSF GIFT CARDS MAKE GREAT STOCKING STUFFERS !  FITNESS IN A GIFT CARD! GREAT GIFT-FOR ALL OF YOUR LOVED ONES	SSF is now a DEKA Affiliated Facility. Find out what all the buzz is about by joining one of our DEKA Training Classes with one of our DEKA Certified Coaches. Want a challenge? Want to try out some functional workouts? WE ARE THR FIRST DEKA AFFILIATED GYM IN THE STATE OF MAINE AND EVERYONE IS WELCOME! Bing Videos