

# SOMERSET SPORTS & FITNESS **October 2025 CLASS SCHEDULE**

<p><b>SAVE TIME!</b> Sign up online and install our Member Portal App. Please stop by the Front Desk for any help or just call us at 474-2224!</p>	<p><b><u>WELCOME SHAMKARA!</u></b> Wed: 10am—Asana Yoga Wed, 11am—Pranayama Fri, 3pm—Pahlwani Strength Fri, 3:30pm—Pahlwani Martial Arts Sat, 3pm—Asana Yoga Sat, 4pm—Pranayama</p>	<p><b>TAI CHI FOR ALL WITH GLENN IS BACK!!</b> <b>Mondays 5:15pm</b></p>	<p>1 <u>5:30AM</u> MATT'S INCREDIBLE WORKOUT WITH MATT <u>8AM</u> FIT FOR LIFE WITH KELLY <u>9AM</u> FLOOR CORE/PILATES/ YOGA WITH KELLY <u>10AM</u> ASANA YOGA WITH SHAMKARA <u>11AM</u> PRANAYAMA WITH SHAMKARA <u>SORRY—NO 4:30 BOOTCAMP</u></p>	<p>2 <u>5:30AM</u> CIRCUIT MIX-UP WITH SARAH <u>8AM</u> STEP AEROBICS W/ KEL <u>9AM</u> RESTORATIVE GENTLE UP &amp; DOWN YOGA W/KEL <u>4PM</u> THE LFTING WORKOUT WITH KEVIN <u>SORRY—NO 5PM YOGA</u></p>	<p>3 <u>5:30AM</u> GOOD AM SPIN WITH JANICE <u>SORRY—NO 6:30AM BOOTCAMP</u> <u>8AM</u> FIT FOR LIFE WITH KELLY <u>9AM</u> SWEATY SPIN WITH KELLY <u>9AM</u> 30 MIN. CARDIO &amp; CORE WITH SARAH <u>9:30AM</u> 30 MIN. STRENGTH WORKOUT WITH SARAH <u>10:15AM</u> GENTLE CHAIR YOGA WITH SARAH <u>3PM</u> PAHLWANI STRENGTH WITH SHAMKARA <u>3:30PM</u> PAHLWANI MARTIAL ARTS WITH SHAMKARA <u>5PM</u> HYBRID H.L.I.T WITH MATT</p>	<p>4 <u>7AM</u> GOOD AM SPIN W/CHAD <u>SORRY—NO 9AM ZUMBA!</u> <u>10AM</u> LINE DANCING W/PAM <u>3PM</u> ASANA YOGA WITH SHAMKARA <u>4PM</u> PRANAYAMA WITH SHAKARA</p>
<p>5 <u>8:30AM</u> THE LIFTING WORKOUT WITH KEVIN</p>	<p>6 <u>5:30AM</u> WORKOUT CHALLENGE WITH MATT <u>6:30AM</u> BOOTCAMP 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 &amp; CORE WORKOUT WITH SARAH <u>4:30PM</u> 30 MIN. STRENGTH WORKOUT WITH SARAH <u>5:15PM</u> TAI CHI WITH GLENN <u>SORRY—NO 6PM ZUMBA!</u></p>	<p>7 <u>5:30AM</u> GOOD MORNING SPIN WITH JANICE <u>8AM</u> SWEATY MORNING SPIN WITH KELLY <u>9AM</u> GENTLE CHAIR YOGA WITH KELLY <u>10AM</u> BOXERCISE W/CARROLL <u>3:30PM</u> 30 MIN. BASIC STEP AEROBICS WITH KELLY <u>4PM</u> THE LIFTING WORKOUT WITH KEVIN <u>4PM</u> BOXERCISE W/CARROLL <u>5PM</u> YOGA FOR ALL W/ARLEEN</p>	<p>8 <u>5:30AM</u> MATT'S INCREDIBLE WORKOUT WITH MATT <u>8AM</u> FIT FOR LIFE WITH KELLY <u>9AM</u> FLOOR CORE/PILATES/ YOGA WITH KELLY <u>10AM</u> ASANA YOGA WITH SHAMKARA <u>11AM</u> PRANAYAMA WITH SHAMKARA <u>4:30PM</u> BOOT CAMP WITH JILLIAN</p>	<p>9 <u>5:30AM</u> CIRCUIT MIX-UP WITH SARAH <u>8AM</u> STEP AEROBICS W/ KEL <u>9AM</u> RESTORATIVE GENTLE UP &amp; DOWN YOGA W/KEL <u>4PM</u> THE LFTING WORKOUT WITH KEVIN <u>5PM</u> YOGA FOR ALL WITH ARLEEN</p>	<p>10 <u>5:30AM</u> GOOD AM SPIN WITH JANICE <u>6:30AM</u> BOOTCAMP WITH JILLIAN <u>8AM</u> FIT FOR LIFE WITH KELLY <u>9AM</u> SWEATY SPIN WITH KELLY <u>9AM</u> 30 MIN. CARDIO &amp; CORE WITH SARAH <u>9:30AM</u> 30 MIN. STRENGTH WORKOUT WITH SARAH <u>10:15AM</u> GENTLE CHAIR YOGA WITH SARAH <u>3PM</u> PAHLWANI STRENGTH WITH SHAMKARA <u>3:30PM</u> PAHLWANI MARTIAL ARTS WITH SHAMKARA <u>5PM</u> HYBRID H.L.I.T WITH MATT</p>	<p>11 <u>7AM</u> GOOD AM SPIN W/CHAD <u>9AM</u> ZUMBA!!! WITH CAROL <u>10AM</u> LINE DANCING WITH PAM <u>3PM</u> ASANA YOGA WITH SHAMKARA <u>4PM</u> PRANAYAMA WITH SHAKARA</p>
<p>12 <u>8:30AM</u> THE LIFTING WORKOUT WITH KEVIN</p>	<p>13 <u>5:30AM</u> WORKOUT CHALLENGE WITH MATT <u>6:30AM</u> BOOTCAMP WORKOUT WITH JILLIAN <u>8AM</u> FIT FOR LIFE WITH KELLY <u>9AM</u> GENTLE CHAIR YOGA WITH SARAH <u>SORRY—NO 4PM CARDIO &amp; CORE</u> <u>SORRY—NO 4:30PM STRENGTH</u> <u>5:15PM</u> TAI CHI WITH GLENN <u>6PM</u> ZUMBA!!!! WITH CAROL</p>	<p>14 <u>5:30AM</u> GOOD MORNING SPIN WITH JANICE <u>8AM</u> SWEATY MORNING SPIN WITH KELLY <u>9AM</u> GENTLE CHAIR YOGA WITH KELLY <u>10AM</u> BOXERCISE W/CARROLL <u>3:30PM</u> 30 MIN. BASIC STEP AEROBICS WITH KELLY <u>4PM</u> THE LIFTING WORKOUT WITH KEVIN <u>4PM</u> BOXERCISE W/CARROLL <u>5PM</u> YOGA FOR ALL W/ARLEEN</p>	<p>15 <u>5:30AM</u> MATT'S INCREDIBLE WORKOUT WITH MATT <u>8AM</u> FIT FOR LIFE WITH KELLY <u>9AM</u> FLOOR CORE/PILATES/ YOGA WITH KELLY <u>10AM</u> ASANA YOGA WITH SHAMKARA <u>11AM</u> PRANAYAMA WITH SHAMKARA <u>4:30PM</u> BOOT CAMP WITH JILLIAN</p>	<p>16 <u>5:30AM</u> CIRCUIT MIX-UP WITH SARAH <u>8AM</u> STEP AEROBICS W/ KEL <u>9AM</u> RESTORATIVE GENTLE UP &amp; DOWN YOGA W/KEL <u>4PM</u> THE LFTING WORKOUT WITH KEVIN <u>5PM</u> YOGA FOR ALL WITH ARLEEN</p>	<p>17 <u>5:30AM</u> GOOD AM SPIN WITH JANICE <u>6:30AM</u> BOOTCAMP WITH JILLIAN <u>8AM</u> FIT FOR LIFE WITH KELLY <u>9AM</u> SWEATY SPIN WITH KELLY <u>9AM</u> 30 MIN. CARDIO &amp; CORE WITH SARAH <u>9:30AM</u> 30 MIN. STRENGTH WORKOUT WITH SARAH <u>10:15AM</u> GENTLE CHAIR YOGA WITH SARAH <u>3PM</u> PAHLWANI STRENGTH WITH SHAMKARA <u>3:30PM</u> PAHLWANI MARTIAL ARTS WITH SHAMKARA <u>5PM</u> HYBRID H.L.I.T WITH MATT</p>	<p>18 <u>7AM</u> GOOD AM SPIN W/CHAD <u>9AM</u> ZUMBA!!! WITH CAROL <u>10AM</u> LINE DANCING WITH PAM <u>3PM</u> ASANA YOGA WITH SHAMKARA <u>4PM</u> PRANAYAMA WITH SHAKARA</p>
<p>19 <u>8:30AM</u> THE LIFTING WORKOUT WITH KEVIN</p>	<p>20 <u>5:30AM</u> WORKOUT CHALLENGE WITH MATT <u>6:30AM</u> BOOTCAMP 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 &amp; 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</p>	<p>21 <u>5:30AM</u> GOOD MORNING SPIN WITH JANICE <u>8AM</u> SWEATY MORNING SPIN WITH KELLY <u>9AM</u> GENTLE CHAIR YOGA WITH KELLY <u>10AM</u> BOXERCISE W/CARROLL <u>3:30PM</u> 30 MIN. BASIC STEP AEROBICS WITH KELLY <u>4PM</u> THE LIFTING WORKOUT WITH KEVIN <u>4PM</u> BOXERCISE W/CARROLL <u>5PM</u> YOGA FOR ALL W/ARLEEN</p>	<p>22 <u>5:30AM</u> MATT'S INCREDIBLE WORKOUT WITH MATT <u>8AM</u> FIT FOR LIFE WITH KELLY <u>9AM</u> FLOOR CORE/PILATES/ YOGA WITH KELLY <u>10AM</u> ASANA YOGA WITH SHAMKARA <u>11AM</u> PRANAYAMA WITH SHAMKARA <u>4:30PM</u> BOOT CAMP WITH JILLIAN</p>	<p>23 <u>SORRY—NO 5:30AM CIRCUIT</u> <u>8AM</u> STEP AEROBICS W/ KEL <u>9AM</u> RESTORATIVE GENTLE UP &amp; DOWN YOGA W/KEL <u>4PM</u> THE LFTING WORKOUT WITH KEVIN <u>5PM</u> YOGA FOR ALL WITH ARLEEN</p>	<p>24 <u>5:30AM</u> GOOD AM SPIN WITH JANICE <u>6:30AM</u> BOOTCAMP WITH JILLIAN <u>8AM</u> FIT FOR LIFE WITH KELLY <u>9AM</u> SWEATY SPIN WITH KELLY <u>SORRY—NO 9AM CARDIO &amp; CORE</u> <u>SORRY—NO 9:30AM STRENGTH</u> <u>10:15AM</u> GENTLE CHAIR YOGA WITH KELLY <u>3PM</u> PAHLWANI STRENGTH WITH SHAMKARA <u>3:30PM</u> PAHLWANI MARTIAL ARTS WITH SHAMKARA <u>5PM</u> HYBRID H.L.I.T WITH MATT</p>	<p>25 <u>7AM</u> GOOD AM SPIN W/CHAD <u>9AM</u> ZUMBA!!! WITH CAROL <u>10AM</u> LINE DANCING WITH PAM <u>3PM</u> ASANA YOGA WITH SHAMKARA <u>4PM</u> PRANAYAMA WITH SHAKARA</p>
<p>26 <u>8:30AM</u> THE LIFTING WORKOUT WITH KEVIN</p>	<p>27 <u>5:30AM</u> WORKOUT CHALLENGE WITH MATT <u>6:30AM</u> BOOTCAMP WORKOUT WITH JILLIAN <u>8AM</u> FIT FOR LIFE WITH KELLY <u>9AM</u> GENTLE CHAIR YOGA WITH KELLY <u>SORRY—NO 4PM CARDIO &amp; CORE</u> <u>SORRY—NO 4:30P M.STRENGTH</u> <u>5:15PM</u> TAI CHI WITH GLENN <u>6PM</u> ZUMBA!!!! WITH CAROL</p>	<p>28 <u>5:30AM</u> GOOD MORNING SPIN WITH JANICE <u>8AM</u> SWEATY MORNING SPIN WITH KELLY <u>9AM</u> GENTLE CHAIR YOGA WITH KELLY <u>SORRY—NO 10AM BOXERCSE</u> <u>3:30PM</u> 30 MIN. BASIC STEP AEROBICS WITH KELLY <u>4PM</u> THE LIFTING WORKOUT WITH KEVIN <u>SORRY—NO 4PM BOXERCISE</u> <u>5PM</u> YOGA FOR ALL W/ARLEEN</p>	<p>29 <u>5:30AM</u> MATT'S INCREDIBLE WORKOUT WITH MATT <u>8AM</u> FIT FOR LIFE WITH KELLY <u>9AM</u> FLOOR CORE/PILATES/ YOGA WITH KELLY <u>10AM</u> ASANA YOGA WITH SHAMKARA <u>11AM</u> PRANAYAMA WITH SHAMKARA <u>4:30PM</u> BOOT CAMP WITH JILLIAN</p>	<p>30 <u>5:30AM</u> CIRCUIT MIX-UP WITH SARAH <u>8AM</u> STEP AEROBICS W/ KEL <u>9AM</u> RESTORATIVE GENTLE UP &amp; DOWN YOGA W/KEL <u>4PM</u> THE LFTING WORKOUT WITH KEVIN <u>5PM</u> YOGA FOR ALL WITH ARLEEN</p>	<p>31 <u>5:30AM</u> GOOD AM SPIN WITH JANICE <u>6:30AM</u> BOOTCAMP WITH JILLIAN <u>8AM</u> FIT FOR LIFE WITH KELLY <u>9AM</u> SWEATY SPIN WITH KELLY <u>9AM</u> 30 MIN. CARDIO &amp; CORE WITH SARAH <u>9:30AM</u> 30 MIN. STRENGTH WORKOUT WITH SARAH <u>10:15AM</u> GENTLE CHAIR YOGA WITH SARAH <u>3PM</u> PAHLWANI STRENGTH WITH SHAMKARA <u>3:30PM</u> PAHLWANI MARTIAL ARTS WITH SHAMKARA <u>5PM</u> HYBRID H.L.I.T WITH MATT</p>	<p><i>Somerset Sports and Fitness</i> <i>6 Commerce Drive</i> <i>Skowhegan, Maine</i> <i>04976</i> <i>207-474-2224</i> <i>kcoughlin@rfgh.net</i> <i>www.rfgh.net</i> <i>Mon-Fri: 4am-9pm</i> <i>Sat &amp; Sun: 5am-8pm</i></p>