PenMet Parks
Parks For All. Parks For Life.

November 2026
Group Fitness Schedule

Scan QR to purchase Group Fitness Passes

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All classes are held in the Charles P. Meacham Family Multi-Use Fitness Room

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2	3 **Cardio Strong Lite** 4 - 5 p.m. GROUP POWER 5:30 - 6:30 p.m.	4 **Surge Strength** 8 - 9 a.m. **Vinyasa Yoga** 5:30 - 6:30 p.m.	5 **Cardio Strong Lite** 4 - 5 p.m. GROUP POWER 5:30 - 6:30 p.m.	6 **Surge Strength** 8 - 9 a.m.	7 **Gentle Yoga** 9 - 10 a.m.
8	9	10 **Cardio Strong Lite** 4 - 5 p.m. GROUP POWER 5:30 - 6:30 p.m.	11 VETERANS DAY **PenMet Parks Hours** 8 a.m. - 5 p.m. **Surge Strength** 8 - 9 a.m.	12 **Cardio Strong Lite** 4 - 5 p.m. GROUP POWER 5:30 - 6:30 p.m.	13 **Surge Strength** 8 - 9 a.m.	14 **Gentle Yoga** 9 - 10 a.m.
15	16	17 **Cardio Strong Lite** 4 - 5 p.m. GROUP POWER 5:30 - 6:30 p.m.	18 **Surge Strength** 8 - 9 a.m. **Vinyasa Yoga** 5:30 - 6:30 p.m.	19 **Cardio Strong Lite** 4 - 5 p.m. GROUP POWER 5:30 - 6:30 p.m.	20 **Surge Strength** 8 - 9 a.m.	21 **Gentle Yoga** 9 - 10 a.m.
22	23	24 **Cardio Strong Lite** 4 - 5 p.m. GROUP POWER 5:30 - 6:30 p.m.	25 **Surge Strength** 8 - 9 a.m. **Vinyasa Yoga** 5:30 - 6:30 p.m.	26 Happy Thanksgiving **PenMet Parks Closed**	27 **PenMet Parks Hours** 8 a.m. - 5 p.m. **Surge Strength** 8 - 9 a.m.	28 **Gentle Yoga** 9 - 10 a.m.
29	30					