

May 22th-28th



Do you have our app?

22-May MONDAY	23-May TUESDAY	24-May WEDNESDAY	25-May THURSDAY	26-May FRIDAY	27-May SATURDAY	28-May SUNDAY
5:45AM Melissa 			6:00AM Vicky 			8:00AM Karen
8:15AM Jen	8:15AM Chrissy	8:15AM Sabrina 		8:15AM Chrissy	8:00 AM Karen 	9:00AM Darren
Low Impact 30	Kickbox 30			Muscles		
8:145AM Jen	8:45AM Chrissy				9:00AM Amber 	
Pilates Strength	Muscles 30					
9:30AM Nikki CARDIO CIRCUITS	9:30AM Amber 	9:30AM Lauren MUSCLES	9:30AM Jen SWEAT	9:30AM Brisa ZUMBA	10:05AM Martha 	
10:35AM Jen Foam Roller and Stretch 25			11:00AM Rebecca Zumba Gold		11:10AM Rebecca ZUMBA	
11:05AM Nicole Senior Fitness		11:05AM Nicole Senior Fitness		11:05AM Nicole Senior Fitness		
12:15PM Susan 	12:00PM Brisa ZUMBA	12:00PM Susan 	12:15PM Rebecca 			
		12:30PM Susan 				
4:30PM Darren 	4:30PM Lauren SWEAT	4:30PM Lauren MUSCLES	5:30PM Darren 			
5:30PM Amber 	5:30PM Rebecca 	5:30PM Karen 	6:00PM Sahrina 			
	6:30PM Karen 	6:30PM Pam W Zumba!	6:30 PM Ann 			

MIND/BODY STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM Open Yoga	6:00AM Open Yoga	6:00AM Ward Power Yoga	6:00AM Open Yoga	6:00AM Ward Open Yoga		
			8:15AM Jen S Pilates		9:15AM Lora Begin/Interm Yoga	
9:45AM Nikki Begin/Interm Yoga		9:45AM Jen J Begin/Interm Yoga		9:30AM Anne Power Yoga	10:30AM Jen J Gentle/Begin Yoga	10:30AM Steve Begin/Interm Yoga
11AM Anne Gentle Yoga	11AM Nikki Gentle/Begin Yoga	11AM Nikki Gentle Yoga	11AM Nikki Gentle/Begin Yoga	11AM Margee Gentle Yoga		
12:15PM Tony Power Yoga		12:15PM Nikki Deep Stretch Slow Flow		12:15PM Margee Deep Stretch Slow Flow		
	4:30PM Tony Begin/Interm Yoga					4:00PM Lora Begin/Interm Yoga
6:00PM Steve Begin/Interm Yoga		6:00PM Tony Intermediate Yoga	6:00PM Jen J Begin/Interm Yoga			5:30PM Steve Intermediate

SPIN/RPM STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM Martha SPIN	5:30AM Mike C 	5:45AM Kathy SPIN	6:00AM Vicky SPIN	8:05AM Melissa 	8:05AM Cindy SPIN
9:30AM Jen 		9:30AM Julie 		8:30AM Cindy SPIN	9:15AM Andrew SPIN	
12:15PM Kathy SPIN	12:15PM Julie 	12:15PM Mary Beth SPIN	12:15PM Class cancelled bikes being serviced			
				12:15PM Tiffany SPIN		
6:00PM Jodee SPIN	6:00PM Andrew SPIN	6:00 PM Jodee SPIN				

AQUA CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM Teresa Water Fitness	8:30AM Tabitha Water Fitness	8:30AM Katie Water Fitness	8:30AM Alyssa Water Fitness	8:30AM Anna Water Fitness	9:00AM Rita Water Fitness	
	9:45AM Katie		9:45AM Alyssa			