

May 8th-14th



Do you have our app?

8-May MONDAY	9-May TUESDAY	10-May WEDNESDAY	11-May THURSDAY	12-May FRIDAY	13-May SATURDAY	14-May SUNDAY
5:45AM Melissa 			6:00AM Vicky 			8:00AM Karen
8:15AM Jen	8:15AM Chrissy	8:15AM Sabrina		8:15AM Jen	8:00 AM Annie 	9:00AM Darren
Low Impact 30	Kickboxing Cardio 30			Muscles		
8:145AM Jen	8:45AM Chrissy				9:00AM Karen 	
Pilates Strength	Muscles 30				10:05AM Amber 	
9:30AM Nikki	9:30AM Amber 	9:30AM Chrissy	9:30AM Jen	9:30AM Brisa		
CARDIO CIRCUITS		MUSCLES	SWEAT	ZUMBA		
10:35AM Jen			11:00AM Pam W		11:10AM Brisa	
Foam Roller and Stretch 25			Zumba Gold		ZUMBA	
11:05AM Nicole		11:05AM Nicole		11:05AM Nicole		
Senior Fitness		Senior Fitness		Senior Fitness		
12:15PM Susan 		12:00PM Jen				
		ABS 30				
	12:00PM Brisa	12:30PM Jen	12:15 PM Martha 			
	ZUMBA	Low Impact 30				
4:30PM Darren 	4:30PM Chrissy	4:30PM Jen	5:30PM Darren 			
SWEAT	SWEAT	MUSCLES				
5:30PM Amber 	5:30PM Martha 	5:30PM Chrissy	6:00PM Sabrina 			
		CIRCUITS	6:30 PM Ann 			
	6:30PM Annie 	6:30PM Karla 				

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 Steve Begin/Interm Yoga	
9:45AM Nikki Begin/Interm Yoga		9:45AM Jen J Begin/Interm Yoga		9:30AM Tony Power Yoga	10:30AM Steve Gentle/Begin Yoga	10:30AM Steve Begin/Interm Yoga
11AM Sheila Gentle Yoga	11AM Sheila Gentle/Begin Yoga	11AM Nikki Gentle Yoga	11AM Nikki Gentle/Begin Yoga	11AM Mona Gentle Yoga		
12:15PM Tony Power Yoga		12:15PM Sheila Deep Stretch Slow Flow		12:15PM Margee Deep Stretch Slow Flow		
	4:30PM Donna Begin/Interm Yoga					4:00PM Lora Begin/Interm Yoga
6:00PM Loretta 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 Kara SPIN	5:30AM Melissa 	5:45AM Kathy SPIN	6:00AM Martha SPIN	8:05AM Martha 	8:05AM Vicky SPIN
9:30AM Jen 		9:30AM Julie 		8:30AM Nikki SPIN	9:15AM Andrew SPIN	
12:15PM Kathy SPIN	12:15PM Jen 	12:15PM Cindy SPIN	12:15PM Martha 			
				12:15PM Tiffany SPIN		
6:00PM Lisa B SPIN	6:00PM Andrew SPIN	6:00 PM Martha 				

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 Teresa Water Fitness	8:30AM Anna Water Fitness	9:00AM Rita Water Fitness	
	9:45AM Katie		9:45AM Teresa			