



May Group Fitness



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Body Balance 8:00-9:00am Camm *5/12 Yvonne *5/26 Yvonne Pure Cycle 8:00-8:45am Kathi Total Body 9:30-10:30am Val Core & More 10:45-11:30am Val	Body Pump Express 7:00-7:45am Yvonne *5/27 Holiday Schedule Pure Cycle 8:00-8:45am Katie *5/27 Holiday Schedule Step & Sculpt 8:00-9:00am Julie *5/13 Vicki *5/27 Holiday Schedule BodyPump 9:15-10:15am Katie *5/27 Holiday Schedule Flexfusion 10:30-11:30am Kathy W *5/27 Holiday Schedule La Blast 11:45-12:45pm Charlotte *5/27 Holiday Schedule Pure Strength 5:15-6:15pm Kathy W *5/27 Holiday Schedule Pedal & Punch 6:30-7:15pm Kathy W *5/27 Holiday Schedule	Pure Cycle 8:00-8:45am Kevin *5/7 Katie Total Body 8:15-9:00am Val Vinyasa Flow 9:15-10:15am Murray Zumba Toning 10:30-11:30am Charlotte Total Body 5:15-6:15pm Val *5/7 Therese *5/21 Julie *5/28 Julie	Body Pump Express 7:00-7:45am Julie Pure Cycle 8:00-8:45am Kevin Pound 8:00-8:45am Linda *5/15 No Class Pure Barre 9:15-10:15am Val Pilates 10:30-11:15am Val BodyPump 5:15-6:15pm Brianna Pure Cycle 6:30-7:00pm Brianna	Pure Cycle 7:00-7:45am Kathi Pure Cycle 8:00-8:45am Kevin *5/9 Kathi BodyPump 8:00-9:00am Katie Yoga Flow 9:15-10:15am Neil W La Blast 11:45-12:45pm Charlotte Body Balance 5:30-6:15pm Yvonne *Starting 5/16	Total Body 7:00-7:45am Kathi *5/17 Vicki *5/24 Briana *5/31 Vicki Pure Cycle 8:00-8:45am Kathi Step & Sculpt 8:00-9:00am Gina *Starting 5/10 Pure Barre+Core 9:15-10:15am Val *5/17 Therese *5/31 Therese Basic Yoga 10:30-11:30am Tina BodyPump 5:15-6:15pm Rotation	Beginner Yoga 8:00-8:45am Therese *5/18 Neil Zumba 9:00-10:00am Charlotte Pure Cycle 9:00-9:45am Briana *5/4 Yvonne *5/11 Yvonne BodyPump 10:15-11:15am *5/4 Yvonne *5/11 Yvonne *5/18 Briana *5/25 Briana



2 Town Rd
Ocean View DE
(302)539-8282



Like us on facebook
Pure Family Fitness
Bethany



Follow us on
Instagram
PureFamilyFit



*** Register for all classes through our Pure Family Fitness App up to 24hrs in advance.***

*** Low class enrollment subject to cancellation***